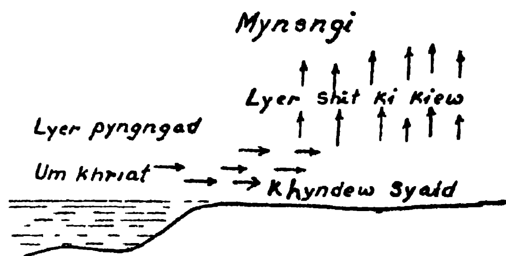
JINGTIP KYLLUM

(General Knowledge Including Nature Study & Hygiene)

KA KITAB KABA SAW

(NA KA BYNTA KA CLASS IV)



DA

U SPARBAH LYNGDOH, M.Sc., Tech

La pynmih da
I Kersimon Lyngdoh
Mission Compound, Shillong - 2
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SHI KYNTIEN

Ka jingroi jong kano kano ka jaitbynriew ka shong shikatdei eh ha ka jingtip jong ka ïa ki jingshisha ba shong tynrai jong kiei kiei kiba ngi ïohi, ïohsngew, mad, sma, ne ïa kynduh man la ka sngi. Ha ki sla jong kane ka kitáb, ngi pyrshang ban batai ïa kine ki jingshisha da ki rukom pynshong nia kiba jem ba wat u khynnah ruh u lah ban sngewthuh. La donkam ban pyniaid ïa ki jingthoh tang hapoh ki púd ba la buh da ka Education Department jong ka Sorkar kumta ba ki khynnah shongskul ki lah ban pule. Kumta, ryngkat bad ka jingpynmih jong ngi ïa kane ka kitáb ngi pynkyntang ruh ïa ka sha ka pateng ba dang seilung ka ri, kaba long ka jingkyrmen jong ka lashai. La katta ruh, ngim artatien ba wat kito kiba la ïohi shuwa ïa ka sngi ïa u bnai ruh kin shem jingmyntoi lada kin pyllait por khyndiat ban khyllied ïa ki sla kane ka kitáb. Ka jingmyntoi kan long kaba kham ianai lada ngin ïa pynbynrap lang ïa "KI JINGTIP KYLLUM" ba la kynshew ha kane ka kitáb bad kito ki jong ki lái tylli kiwei pat ki kitáb ba la kha synrap bad kane.

Kan da long ka jingmyntoi kaba khráw lada ki nonghikai kin ïalam ïa ki khynnah sha ki jingshisha jong kiei kiei kiba ïa dei bad ka Mariang ryngkat ryngkat bad kaba peit-thuh, ka ban kyrsiew bad ktik ïa ka jingkwah tip shuh shuh ïa kiei kiei kiba don sawdong kiba ki ïa

kynduh barobor ha ka jingim jong ki. Katba lah, lum ïa ki jait symbái bad kiwei kiwei da ka jingïarap ki khynnah hi. Ha ki aïom aïom pynmlien ïa ki ban peit-thuh ïa ki jingthung, ki soh ne syntiew, ki mrad ne ki sim bad kiwei kiwei kumno ki long, ki man, bad ki kharoi. Ïarap ïa ki ban nuslien ban pyndonkam ha la ka jingim ïa kiei kiei ba ki la nang bad tip bad ban ym hun tang ha ka tip.

Namar ka jingkhiin ka por ha kaba ngi la háb ban pynmih ïa kine ki kitáb, ngi la háp ban shon kyrkieh ïa ki. Ki lah eh ban long ba ki jingduna ne jingbakla kin paw hangne hangtai: ïa kine, ngi kyrpád ba ki nongpule ba sbun kin máb. Ngi pdiang sngewbha ïa kino kino ki jingkynthoh ne jingái jingmut lem jong phi ki nongpule, ki ban ïarap ban pynbha shuh shuh ïa kane ka jingpyrshang kaba rit

Khatduh ïawái, ngi ái khublei ïa kito ki paralok baroh, kiba ngin ym lah ban ñiew kyrteng lut hangne, kiba la ïa don ki lem — la khyndiat ne shibún — ha ka ban pynkylla ïa kane ka jingphohsniew sha ka jingshisha.

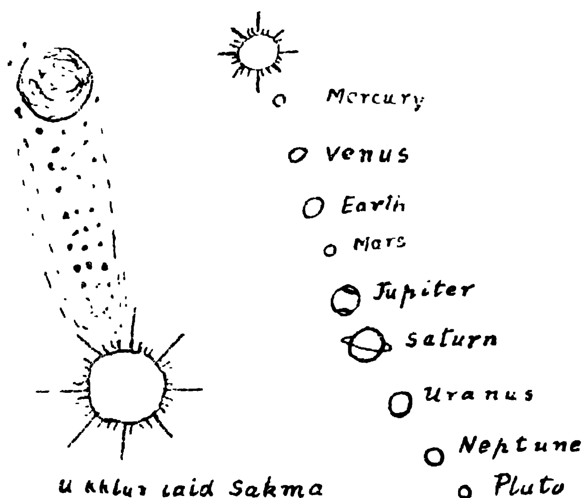
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12 tarik u Nohprah 1957 } *U Nongthoh.*

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1. — KA JINGKHA ÏA KA PYRTHEI



Ngi ki briew ngi im ha ka pyrthei, pynban ngim tip satia naduh mynno kane ka pyrthei ka la don bad haduh lano kan ïai sah. Ki riewstad kiba la wad bniah bha da ki jingkheiñ jingdiah jong ki, ki ong ba kane ka pyrthei jong ngi ka la don mynta la kumba 200 ne 300 klur snem. Phi lah mo ban mutdur katno ka jingtymmen jong ka?

Ka jingkylli mynta ka wan — hato da kumno keiñ kane ka pyrthei jong ngi ka sdang? Kitei ki riewstad ki la batai kumne. Ki ong ba myn 200 ne 300 klur snem mynshuwa, uwei u khlúr radbah *(giant star)* u la ïaid wir ha ka sahit bneng. Ha kane ka jingiaid jong u, u la wan hajan eh ïa ka sngi, u la pyrshang ban ring ïa ka sha lade. Hynrei ka sngi, wat la ka rit

ruh, ka don la ka bor tán kaba ïa pyrshah ïa ka bor tán une u khlúr. Katba une u khlúr u nang jan sha ka sngi ka bor khring jong u ka nang jur. Ka bynta jong ka sngi kaba phái sha une u khlúr ka sdang ban lah suki suki. Khatduh khatwái kane ka bynta jong ka sngi kaba long kumba jynrat na ka metbah jong ka, ka pyrshang ban hér sha une u khlúr bah uba ha kane ka por u la sdang ban leit phai noh; hynrei namar ka jingstet jong u, kam lah ïa búd satia ïa u. Kumta sha bneng ruh ym poi, sha khyndew ruh ym háb, kumba ong ki Khasi. Ynda ka bor khring utei u khlur ka la nang duna duna, namar u la nang hér jngái bad kham jngái, kane ka bynta ba la jynrat bad ki phngit ki phngar kiba búd ïa ka, ki la shu sdien ldui ha shiteng bneng bad ki sdang ban ïaid sawdong ïa ka sngi, namar dei ka bor jong ka kaba khring ïa ki mynta.

Kawei na kitei ki bynta ba la jynrat kumta, dei ka pyrthei jong ngi Kiwei pat ki bynta ki dei kiwei pat ki pyrthei ne planet, kiba dang ïaid tawiar ïa ka sngi ryngkat bad ka pyrthei jong ngi shishien ha ka shi snem haduh mynta mynne.

Ha ka por ba la kha kumne ïa ka pyrthei jong ngi, ym don jingim ei ei satia ha ka. Ka pyrthei hi baroh kawei ka long kawei ka ball heh kaba khluit bad meh ding kum ka sngi. Katba nang ïaid ki snem kane ka jingkhluit ka nang duna suki suki. Ki lúm bad ki them ki sdang ban shim dur ïa lade bad ka um ka sdang lang ha ki jaka ba long them. Kane ka shim por da ki hajár bad phew hajár snem. Ki ong, ba ka jingim kaba

nyngkong eh ka mih hapoh um. Kane, ryngkat bad ka jingïaid ka por, ka kylla long sha ki bún jait ki jait jingim kum ki jakoid, dohkha, nangta sha ki sim, ki mrad bad khatduh eh sha u briew.

Ka jinglong jong ka ñiamra ramew kaba don hapoh ki sla'jat jong ngi ka pynsabut ïa katei ka jingtharai ba da pynshongnia jong ki riewstad shaphang ka jingkha ïa ka pyrthei. Lada ngin rung shapoh ki pár, ngi shem ba katba ngi nang hiar shapoh, katta nang khluit. Shathie shapoh eh jong ka pyrthei ki ong, don tang ka um kaba thnam. Kane ka um thnam ka wan mih pyrthei teng teng haba bthei ki lúm mih ding (*volcano*). Kane ka um thnam ka lah ban don kumne ha ka pdeng jylli jong ka pyrthei tang lada ka pyrthei hi baroh kawei ka la long shisien ha kata ka jinglong, ha ki por ba mynshuwa. Ka khyndew ha kaba ngi ngi im ka long tang ka shynrong (*crust*) kaba tap ïa ka metbah pyrthei ba dang khluit shapoh.

2. — U JUMAI BAD KI LUM MIH DING

Baroh ngi sheptieng ïa u jumái, namar haba u khih, u pynkhynñiuh ïa ki ïing ki sem jong ngi, u pynpdang ïa ka khyndew bad pynkhyllem ïa ki dieng ki siej. Lada dei lei lei uba jur u lah ban pyntyllun ïa ki lúm, klún ïa ki shnong ki tháw bad pynduh shibún ki jingim, ki jingri jingdúb bad kumjuh ruh ïa ki briew.

Hato balei keiñ ba u jumai u khih. Ki 'riew hyndai ki ngeit ba ïa ka pyrthei la kyrshán ha ki tyrpeng uwei u 'rádbah Atlas. Ynda une

u Atlas u la thait kyrshán ha kawei ka tyrpeng u kylliang sa sha kawei pat. Ki ong, hana ba dei ha ka por kylliang tyrpeng une u 'rádbah ba ka pyrthei ka khih ha ka rukom kum u jumái. Kane ka long tang ka jingngeit u barim bajah.

Ngi la pule ha ka lynnong kaba nyngkong ba ka sla khyndew ha kaba ngi ngi im ka long tang ka shynrong kaba ka jingrben ka lah ban long tang khyndiat mile eh. Kaba kham bún jong ka bynta ba shapoh ka pyrthei ka long ha ka rukom ka um thnam khleh nar. Kane ka shynrong kam long satia kaba dapdoh (*solid or compact*). Ka don hangne hangtai ki krem ki kroh bad ki thliew ki syar kiba heh. Ka khyndew ba hajan kum kine ki jaka ka shong stang bad ka lah ban shong sumor. Lada kane ka khyndew ka khih ka lah ban tuid ne hiar kynsan: bad haba ka tuid ne hiar kumne ka noh kat uwei ne ár ki lúm ne palat. Kane ka pynkhih ia ka khyndew baroh ba hajan jong ka bad ngi ïohsngew ïa kane ka jingkhih ha ka rukom u jumai. Lada kane ka jingháb ka khyndew ka long kaba bún, u jumái ruh u long uba jur. Ha sla khyndew ki ïing ki sem ki lah ban khyllem, ki briew ki mrad ki lah ban iap, ki lúm ki lah ban tuid salonsar, bad ki jaka ba long them shisien ki lah ban kylla long lúm. U jumai uba jur u lah ban pynkylla bak-ly-bak ïa ka khmat jong ka sla khyndew ha kaba u, u sdang ban pynjulor jur ïa ki bynta ba kham sha jngai. U jumái uba rit eh ruh u lah ban pynjulor kham bún shah ban ia u bomb ba khlaiñ tam ba u briew u lah ban tháw.

Kawei pat ka dáw u jumai ka long ka jingbthei ki lum mih ding. Kiei keiñ kine ki lúm mih ding? U lúm mih ding u long ka thliew ne ka jingpdang ha ka khyndew na kaba ki máw khluit, ka 'dew-khluit ba la pynum, ka dpei, ka 'dew-ktieh bad ki kynja lyer bún jait napoh ramew ki mih. Ym da dei eh ban ong ba u lúm mih ding u dei ban da long lúm. Kumba ngi la pule, ka kynja um thnam khleh nar bad khyndew kaba don shathie shapoh ramew ka ïai thnam bad khih phaloh, ka ïa ksaid ban mih noh shabar, ka khlong suki suki ïa ki bynta ba jem bad ba shong stang jong ka ramew bad pong thliew sha sla khyndew. Ynda kane ka thliew ka la pei sha sla pyrthei, kane ka um thnam ka kynjat ïa lade ka da kynting de ïa ka khyndew baroh ba don shapoh. Ka khyndew ba la kynting kumne ka pynsaphred ïa lade sawdong kata ka thliew ha ka rukom kum u lúm ba don shar (crater). Lyngba kane ka shar bad thliew, ka khyndew khluit (lava) ka ïai mih man ki por.

Na khmut ka shár jong kiba bún ki lúm mih ding, ka tdem ka ïai mih. Ka jingkhia jong kine ki lúm hi, ryngkat bad ka bor ñiat jong ki *gas* ba don shathie shapoh ramew, ki pynphaloh bad pynkyndeh ïa ka um thnam hapoh khyndew haduh ba kine ki lum ki bthei, ki da kynting ïa ka 'dew khluit bad máw khluit sha suiñ. Kane ka 'dew khluit ka tuid ïa ki shaiing u lum mih ding. Ïa ki phngit ba kham sting la kit da ka lyer sha ki jaka jan baroh. Ngi lah ban sngewthuh haduh katno ka jingbún kane ka 'dew khluit lada ngi pyrkhat ba kata kaba mih na u

Mount Vesuvius ha Italy, myn ar hajár snem ne ka la biang ban taplup ïa ki ár tylli ki shnong heh ha trai jong u. Ka jingang ka 'dew khluit ba la pynum, ka dpei, ki máw khluit kiba mih napoh ramew sawdong ïa ka thliew na kaba ki mih búnsien ka pynlong lúm ïa kata ka jaka kaba ka dur jong uta u lúm ka long kum ka khoh.

Kiba bún na ki lúm mih ding ki khie im kata, ki bthei, tang hateng hateng. Kito ki bym bthei shuh ki long kiba la iap Lehse ïa ka thliew jong ki la set sbak, ne ka um thnam hapoh ka sla khyndew jong ki kam phaloh shuh. Pynban ka long kaba eh ban ong ba u lum mih ding u la ïap junom, namar la shem ba wat kita ki lum ba ngi tharai ba ki la ïap ruh ki bthei pat hadien slem slem.

Ngi lah ban sngewthuh, namarkata, ba haba kine ki lum mih ding ki khie im ki pynkhih ïa ka khyndew baroh shajan jong ki bad pynlong ïa u jumai.

Don ki lúm mih ding ki bym da bthei. Ka khyndew khluit ba la pynum ka shlei ha ka thliew na kaba ka mih bad ka tuid suki ha ki sharing lúm. Kiba kum kita ki lum ki don ha Hawaii — u Mount Loa bad u Mount Kea — ha kaba ka 'dew khluit ba la pynum ka tuid sanphew mile shuwa ba kan khriat bad eh.

U Stromboli, ha Mediterranean, u long u lúm mih ding uba khie im lynter tang ba um da jur bad ba ym don 'dew khluit kaba mih na u.

U lum mih ding uba jur eh ka jingbthei u dei uba ha Krakatoa uba bthei ha ka snem 1883. Ka

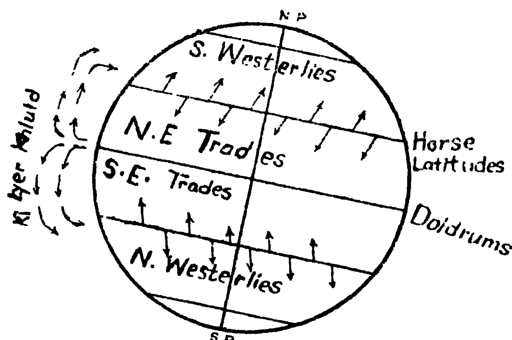
Krakatoa ka dei ka dewlynnong kaba rit ha East Indies. Ka jingbthei ka long kaba jur katta haduh ba la kynting ïa ka bynta ka khyndew kaba heh jong kata ka dewlynnong bad ha ka jaka jong ka la man long noh da ka duriaw kaba 1000 phut ka jingjylliew. Ïa ki phngit ne pui-pui la kynting 20 mile sha suiñ bad ïa ka jingbthei la ïohsngew ha Australia kaba jngai kumba 2000 mile. Ka jingkhih ka khyndew ka pynpait ïa ki jingkhangïit ha Batavia kaba jngai kumba 100 mile. Ïa ki jingatphyllung kiba jur la pynlong bad kine ki kynting ïa ka um duriaw 50 phut sha bneng, ha ki rúd duriaw jong ki dewlynnong ba marjan. Ka jingmih nangta ka long ba la iap 36,000 ki briew.

3.— KI LYER

Ka lyer (*air or atmosphere*) kaba taplup ia ka pyrthei jong ngi ka don la ka jingkhia. Ka khia kumba 7½ sér ha man la ka shi square inshi. Lada kane ka jingkhia ka neh katjuh ha baroh ki bynta ka pyrthei, ka pyrthei jong ngi kan jin da la long kaba jái jái. Hynrei shisien ba la tam ne duna ka jingkhia hangne hangtai, ka lyer ka khih ban pynbiang ïa kine ki jingtam ne jingduna Dei kane ka jingïaphér ha ka jingkhia kaba pynmih ïa ka jingbeh ki lyer (*winds*).

Ka dáw ba kongsan tam kaba pynjia long ïa kine ki jingïaphér ha ka jingkhia jingsting ka lyer ka long ka jingshit jong ka sngi. Ngi ju iohi lehse ba ka lyer khluit halor dpei ka kiew beit sha tyngier, namar ka kham sting ïa ka lyer ba

don sáwdong ka dpei. Ha kajuh ka rukom ruh ka lyer ba la pynkhluit da ka sngi ka kiew sha jrong sha sahit bneng, ka da pynthylli ïa ka jaka ha kaba ka don mynshuwa. Khnang ban pyndap ïa kane ka jaka ba thylli bad ba la duna jingkhia, ki lyer khriat na ki jaka jan ki wan tur. Kane ka pynlong ïa ki lyer.



N.B. Ki jaka ha Southern Hemisphere kiba hapdeng ki S.E. Trades bad N.Westerlies ha ka dur dei ruh ki Horse Latitudes.

Na ka Geography ngi pule ba ki kjat sngi ki shoh kham beit ha u Equator ban ïa ha ki Pole. Na kane ka dáw, ki jaka ha u Equator ki long kiba shit tam. Katba ngi nang jngái na u Equator shatei ne shathie, ki jaka ki nang kham khriat haduh ba ha ki Pole ki long kiba khriat tam.

Ngi lah ban sngewthuh mynta ba ki lyer khluit na u Equator ki kiew sha suiñ bad beh shaphang shatei ne shathie; katba ki lyer khriat na ki jaka jan pat ki beh sha ki thaiñ u Equator ban pyndep ïa ka jaka ba la thylli. Ki lyer khluit ba beh na suiñ ki wan noh ynda ki la

khmat ha ki jaka kiba jan maishiteng lynti na **u** Equator sha ki Pole. Ïa kine ki jaka ha kaba ki lyer khluit na suiñ ki wan noh ki khot **Horse Latitudes** Kine ki jaka ki dei ha ki thaiñ u Tropic of Cancer ha Northern Hemisphere bad ha ki thaiñ u Tropic of Capricorn ha Southern Hemisphere. Kham búnsien ki jaka ha kaba kine ki lyer ki noh ki dei ki jaka ri shyiap Kine ki lyer ki kylla lyer khyndew ha kine ki jaka bad ki beh sha ka phang ki Pole bad sha ka phang u Equator.

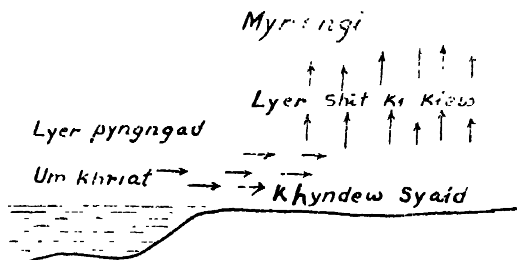
Kito ki lyer kiba beh sha u Equator na shaphang shatei la khot *North-East Trade Winds* bad ïa kito kiba beh na shaphang shathie la khot *South-East Trade Winds*. Ïa ki lyer kiba beh shaphang North Pole la khot *North Westerlies* bad ïa kiba beh shaphang South Pole la khot *South-Westerlies*

Ka phang ba kine ki lyer ki beh kam long beit ha ka phang shatei-shathie; hynrei ka thiah pashing kumba la pyni ha ka dur Ka dáw kane ka long namar ka pyrthei ka shád pyllun ïa lade ha la u peiba na sepngi sha mihngi. Phin sngewthuh ia kane lada phi peit kumno u slap u háb haba phi shong ha ka motor kaba her stet. Phi ïohi kumba u slap u háb pashing namar ba phi iehnoh shadien ïa u bad ïa lade pat phi hér sha khmat ryngkat bad ka motor ha kaba phi shong.

Ka jaka ha u Equator ha kaba ki N E. bad S. E. Trade Winds ki ïa kynduh ka long kaba jai jai namar ym don jingbeh lyer shane shatai. Ïa kine ki jaka la khot *Doldrums*. Ki lyer ha ki **thaiñ u Equator ki kiew sha suiñ**.

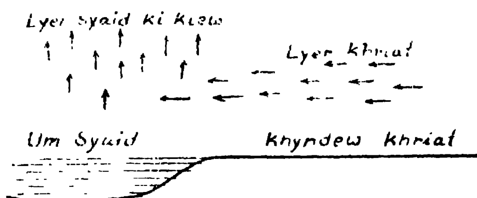
4. — KA 'ERIONG BAD U PHRIA

Ngi la pule kumno la pynlong ïa ki lyer. Ngi la tip ruh ïa ki lyer kiba kongsan kiba beh ha ka pyrthei. Kine ki ïai beh tista na kawei ka por sha kawei ka por. Mynta ngin ïa peit khyndiat ïa ki lyer ba beh lynnong lynnong bad ïa ki lyer kiba jur kiba wan tang teng teng kiba ngi khot ki 'eriong.

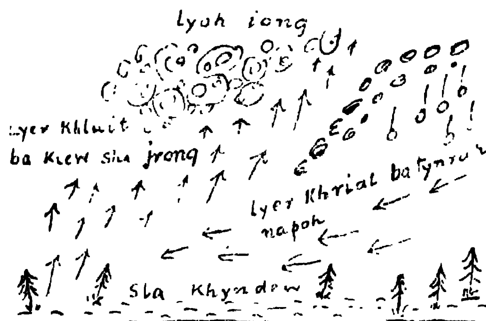


Mynsngi ki kjat sngi ki pynshit ïa ka ryngkew bad ïa ki um duriaw. La ki ïa ioh mar katjuh ka jingshit na ka sngi, pynban ka ryngkew ka shit kham stet sáw shah ïa ka um. Kane ka long namar ba ïa ka ryngkew lah ban pynshit tang na sla, kata ka jingshit kam da ngam shapoh khyndew; katba ka um pat ka pynphriang ïa ka jingshit sha ki syrtap um ba shapoh ruh. Mynsngi, namarkata, ka lyer ba halor ryngkew ka kham shit ban ïa ka lyer halor ki um duriaw. Kane ka lyer shit, namar ba ka sting, ka kiew sha jrong bad ka pynthylli ïa ka jaka jong ka ha sla khyndew. Khnang ba pyndap ïa kane ka jaka thylli, ki lyer ban kham khriat na sla duriaw ki tur sha ryngkew. Kumta mynsngi ka

lyer ka beh na duriaw sha ryngkew. Ïa kine ki lyer la khot ki **'er Pyngngad duriaw** (*Cool sea breeze*).

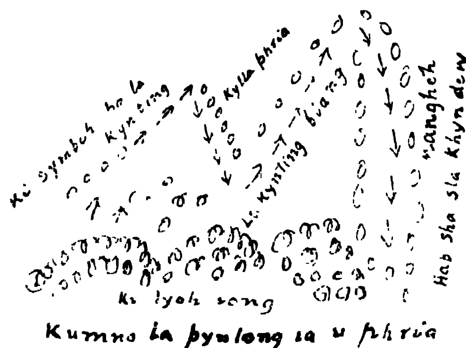


Mynmiet pat ka khyndew namar ba ka jingshit ba ka bat kam da bún, ka khriat kham kloi ban ïa ka um. Ka lyer ha sla um ïa kaba la pynshit baroh shi sngi, ka sting bad ka kiew sha suiñ katba ki lyer khriat na ryngkew ki beh sha duriaw ha ka por miet. Ïa ka lyer kaba beh na ryngkew sha duriaw, la khot ka **'er Pyngngad ryngkew** (*Cool land breeze*)



Lada kine ki lymbung lyer shit bad lyer khriat (*air masses*) ki long kiba heh bad ïar da ki spah mile ka kynïán bad lada ka jingïapli

jaka jong ki ka long kaba stet, ngi ïoh ïa ki 'eriong. Búnsien eh kine ki 'eriong ki ïaid ryngkat bad u slap uba jur. Ka bneng ka ïong kynsan, ka lyer ka beh jur eh bad ka ther sa u slap ne háb shuwa u phria.



Kumno ïa pynlong ïa u phria

Ki 'eriong ba kum kine ki wan ha ka sngi ba shit lhop bha. Ka lymbung lyer shit ka kiew suki na sla khyndew, katba ka lymbung lyer khriat pat ka wan tur bad sdang tynruh napoh. Ngi sngewthuh ïa kane na ka jingkhriat kynsan ka lyer. Ka lyer khriat mynta ka pyrsut bad kynting stet ïa ka lyer shit kham sha jrong. Ka jingkiew kane ka lyer shit sha jrong ka pynkhriat ïa ka bad pynkylla lyoh iong. Kine ki lyoh pat, katba ki nangkiew, ki kylla slap. Ki symboh slap kiba rit kim lah satia ban háb sha khyndew namar ba la kynting ïa ki sha jrong da ka bor ka jingkiew kane ka lyer shit. Dei namar kane ka daw ba ki symboh slap kiba háb sha pyrthei haba sdang u 'lap 'eriong ki long kiba heh bad

ba khia bha. Ynda ka bor kynting ka lyer ka la duna, sa háb sa ki symboh ba kham rit.

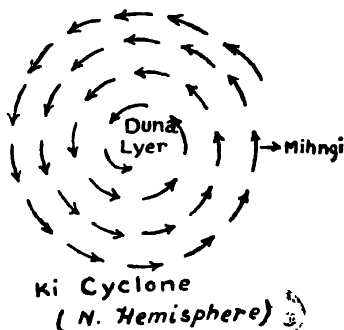
Lada ka jingkiew kane ka lyer ka long kaba stet ch bad ka la poi sha ki jaka ba la khriat bha ha suiñ, kine ki symboh slap ki shah kynting búnsien. Kane ka pynkylla thah ïa ki. Ki nang heh nang heh kat haduh ba ki kylla phria bad háb sha pyitheì da ka bor ka jingkhia jong ki hi kaba la palat ban ïa leh pyrshah ia ka bor **kynting ki lyer.**

5. – KI 'ERLANGTHARI

Ngi la pule kumno ba ka jingshit ka pynphér ïa ka jingkhia jingsting (*pressure*) jong ka lyer ha kawei ka jaka bad kawei pat ka jaka. Ngi la tip ruh kumno ba ka jingïapher ka jingkhia jingsting ka lyer (*air*) ka pynmih ïa ki lyer (*winds*).

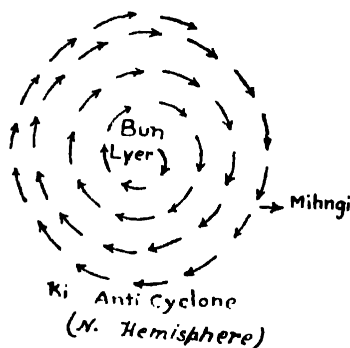
Mutdur myntan kawei ka jaka kaba duna lyer kaba la kér kut da ki jaka ba bún lyer, kata ki jaka ba ka lyer ka kham khia. Ngi lah ban sngewthuh ba ki lyer na kine ki jaka ba kham bún lyer kin pyrshang ban beh sha kane ka jaka pdeng ba duna lyer. Haba ki beh kumta ki ïa tyngkhuh para ki bad ki shu shád lyngwoi ha ki jylli kumba pyni ha ka dur. Ki khnam ki pyni ïa ka phang ba kine ki lyer ki beh. Ïa kiba kum kine ki jait 'erlangthari ki khot ki **cyclone** (kynnoh sai-klún).

Ngi ju ïohi, ha ki sngi pyrem ba shit ryngkhiang bha bad ba jur lyer, ïa ki 'erlang-thari



ba shád lyngwoi ba ki beh ha ki surok shnong ki da kynting ïa u pui pui khyndew, sla dieng sla siej ne kot jot sha suiñ. Kine ki long tang ki nuksa kiba rit jong ki cyclone. Ka cyclone ka lah ban ïar da ki spah bad ki hajár mile. Ki don ruh kiba tang 50 ne 100 mile ka kynïán. Ha ka lynti ba ka beh ma ka ka lah ban jynrat ïa ki dieng ki siej, pynjot ïa ki ïing ki sem ba pynjulor ha kiwei kiwei pat ki rukom. Ki cyclone ki don la ki jong ki jong ki kyrteng ha ki ri kiba phér ba phér. Ha West Indies ïa kiba kum kine ki 'erlangthari ki khot 'Hurricanes', ha South East United States pat 'Tornadoes', ha West Pacific bad China Sea, 'Typhoons', bad ha ri shyiap Sahara, 'Simoons'.

Lada ngin mutdur pat ïa ka jaka ba bún lyer kaba la kér kut baroh sawdong da ki jaka duna lyer, ngin shem ba ki lyer ki beh napdeng jylli shabár. Namar ka jingïapakhuh para ki hi, kine ki 'erlangthari ruh ki shád lyngwoi sáwdong ïa ka jylli kum ki cyclone: tang ba ki



ïa Phér na ki cyclone ha ka phang ba ki beh. Kine ki beh napdeng jylli shabár bad ki cyclone nabár shapdeng jylli. Ïa kiba kum kine ki jait 'erlangthari pat ki khot **anti-cyclone** (kynnoh anti-saiklún).

Ha Northern Hemisphere ka phang beh ka lyer ha ki anti-cyclone ka long ha ka phang ba ïaid ki kti baje (*clockwise*) bad ki cyclone pat pyrshah ïa ka phang ba ïaid ki kti baje (*anti-clockwise*). Ha Southern Hemisphere, kine ki phang ki ïa pli jaka.

6. — KA UMJER, U LYOH BAD U SLAP

Lada ngin pynshit ïa ka um, suki suki ka syaid, ka khluit, ka thnam bad mih de ka jynháw um. Kumba lái bynta na ka sáw bynta jong ka pyrthei jong ngi dei tang ka um suda. Ka jingshoh ki kjat sngi ha ka sla duriaw, ki wah bad ki pung ha ka por mynsngi ka pynsyaid ïa kine kï um bad pynkylla jynháw ïa ka bynta ba ha sla

jong ki. Ka um ka kiew sha suiñ bneng ha ka dur jynháw; ka wan hiar pat sha ka khyndew ha ki bún ki dur.

Mynmiet ki lúm ki wah, ki dieng ki siej ïa kiba la pynshit da ka sngi mynsngi ki khriat noh bad ka lyer baroh sáwdong ïa ki ruh ka ïa khriat lang. Kane ka jingkhriat ka pynkylla um noh ïa ka jynháw um, bad mynstep ngi ïohi ïa ka kum **ka umjer**. Khnang ba ngin ïohi umjer ngi donkam (i) ban ïoh ka miet kaba khuid bym don lyoh, kumta ba ka jingshit ki máw ki dieng ba ki ïoh mynsngi na ka sngi kan jah noh stet. (ii) ba ka miet kan long kaba jai jai bym don lyer bad (iii) ba ka suiñ bneng hi kan don shibún ka jynháw um ha ka. Ïa ka umjér ba ngi ïohi ha u phlang ne ki sla dieng, la pynlong da ka jynháw ba mih na ki hi ba la pynkhriat kumba la batai sha khmat.

Lada ka jingsyaid (*temperature*) jong ka lyer bad ka khyndew, ka mariang ka duna ïa ka 0°centigrade — kaba mut ba ka kham jur ïa ka jingkhriat ha kaba ka um ka kylla thah - kane ka jynháw um **ka kylla thah beit** bad ngi ïohi ba lieh ka madan madiah dangstep ha ki sngi tlang.

Haba ka lyer sngem ba syaid na ka sla um ka kiew sha sahit bneng, ka nang khriat katba ka nang kiew shajrong. Haba ka la kiew shajrong eh, kane ka jynháw um ka pynlang (*condense)* ïa lade ha ka rukom kum ki symboh um kiba rit bin bin. Kane ka jynhaw um ka pynlang ïa lade kumne ha ki pui pui mluh ba rit eh ba pér ha frong suiñ. Kine ki pynlong ïa ki **lyoh**.

Ngi sngewphylla ba u lyoh u pér ha suiñ. Dei ka lyér kaba napoh kaba pynper ïa ki symboh um ba rit bin bin kiba don ha suiñ. Shim ïa ka kot pule jong phi bad rah ïa ka shajrong. Tang phi shu pyllait na ka kti ba phi bat ïa ka ka háb shisyndon sha madan. Tar ïa ka kot lyngkhot lyngkhot bad kynting ïa ki sha suiñ, kine ruh ki háb sha madan; hynrei ki háb suki suki. Katba phi nang lah ban tar rit rit ïa ka sla kot haduh ba ïa kawei ka sla kot kaba rit la tar haduh da ki million ki bin bin sla kot bad lada kynting ïa ki sha suiñ kine ki pér ha suiñ bad ki shim por slem slem ban háb sha khyndew. Dei ha kane ka rukom ba ki symbohum kiba ha ka dur u lyoh ki per ha suiñ.

Ïa u **lyoh khyndew** pat la pynlong da ka jingïatyngkhuh jong ka lyer khriat jong ki lúm bad ka lyer syaid ba kiew na them.

Ki symboh um ha u lyoh bneng ki ïa soh iwei bad iwei pat bad ki nang heh nang heh. Ynda ki la khia bha, ki lah ban háb sha khyndew kum u slap U slap u lah ban sdang háb nangtei na ki lyoh, hynrei u lah ban ym poi khyndew satia, namar u lah ban kylla jynháw noh biang sa shisien tang ha shiteng bneng. Kumta khnang ba ngin ïoh slap donkam (i) ban don lyoh ha suiñ bneng, (ii) uta u lyoh un ym kiew stet eh sha bneng bad (iii) haba u háb ruh ba un ym kylla jynháw noh tang shiteng lynti shuwa ba un poi pyrthei.

Kumta ngi ïohi ba ka um ha kane ka pyrthei ka ïa kiew sha suiñ bneng bad ïa hiar pat sha khyndew ha ki dur ba phér ba phér.

7. -- Ki LYER KIT SLAP

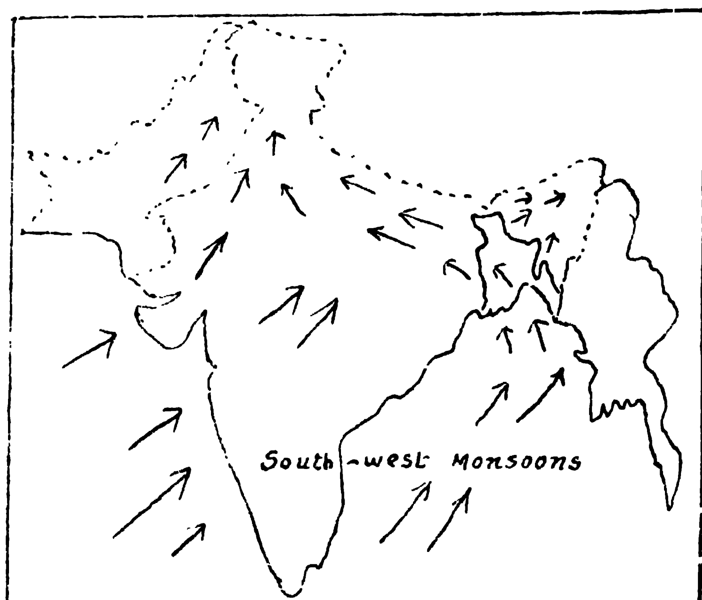
Ngi kiba shong ha la ri dei eh mo! ngi tip ba mynlyïur ngi ïoh shibún u slap, katba myntlang pat ka rang. Hato balei keiñ ka long kumta?

Khnang ba ngin ïoh slap, ka suiñ bneng ka dei ban don ki lyoh kit slap. Khnang ba ngin ïoh ïa kine ki lyoh pat dei ban wan kit ïa ki da ki lyer na ki jaka kiba bún um.

Ki jaka kiba shaphang shathie ka ri India ki long ki jaka bún um kiba don ha u Equator. Ka jingshit ha u Equator ka long kaba jur katta katta. Ka jingkylla jynháw ka um, namarkata, ka long kaba jur eh. Ïa kane ka jynháw, la kynting sha suin bad ka kylla lyoh slap.

Ka ri India ha ki 'nai lyïur ka long kaba shit katta katta. Ka lyer shit ka kynting sha suiñ. Ki lyer slap na ki duriaw Arabian Sea, Bay of Bengal bad Indian Ocean ki beh sha ryngkew ban pyndap ïa ki jaka ba la pynsuda lyer da ka jingkiew ka lyer shit sha suiñ. Kine ki lyer ynda ki la ïa tyngkhuh bad ki Western Ghats, Lúm Himalaya bad ki Lúm Khasi bad Jaintia ki háb ban kynting ïa lade kham shajrong. Kane ka pynkhriat ïa ki lyoh slap bad pynkylla um ïa ki. Ki háb sha khyndew ha ka dur u slap. Kumta ngi shem ba ki jaka ba ha kjat kine ki lúm ki ïoh slap kyrhai. Hangne ha Assam ki ri lúm ki long ki jaka bún slap khamtam ha ki sharing ba shathie jong ka ri Khasi bad Jaintia.

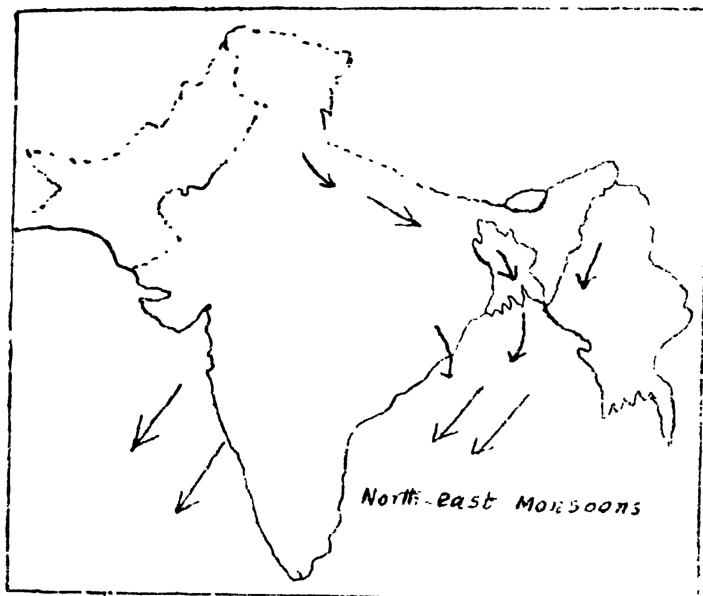
Ïa kine ki lyer la khot *monsoon* bad namar ba ki beh na shaphang shathie lam sepngi la ái kyrteng ïa ki South-West Monsoon. Kine



ki Monsoon ki wallam shibún u slap ïa ki ri lúm jong ngi bad kumjuh ruh ïa ki thor. Ki long ha kajuh ka por ka jingkyrkhu bad ka jingtim--khamtam ïa kito kiba shong sha ri thor. Kine ki lyer ki beh ha ri India naduh u June haduh u September ne October.

Ki ri ha ka pyrthei kiba beh kine ki lyer ki long Indo-China, South China, Japan, Central America, West Indies, Venezuela bad Columbia, Brazil, East Africa Coast Lands, Madagascar, Queensland bad North Australia Coast Land.

Ki long ka jingkyrkhu namar khlem ma ki ngim lah ïoh satia ïa ka um ba ngi donkam ban



ái ïa ki lyngkha jong ngi ba un san un mih u kba ne kiwei kiwei pat ki jingthung. Ki wah jong ngi kin jin da la long kiba tyrkhong khlem um lada kine ki lyer kim béh. Khlem ma ki, ki lúm ki wah jong ngi kin ym jyrngam itynnat satia bad ki khláw ba rben kin ym pynmih satia ïa ki dieng ba kynsai. Nalor kata, ki ái katto katne ka jingtngen na ka jingshit ka lyïur.

Ki long pat ka jingtim, namar lada ki wan kit bún than u slap, ki pynshlei ïa ki um ki wah baroh. Ki pynjulor ïa ki lyngkha ki risai. Ki kit ïa ka blang ka masi bad pynphet wir wat ia ki briew ruh.

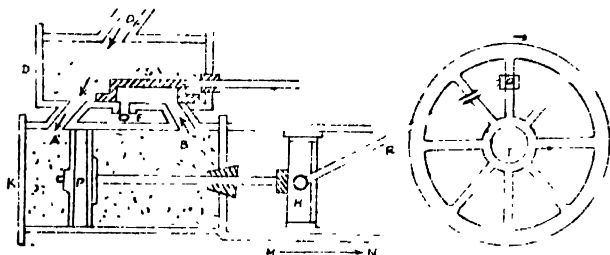
Ha ka por tlang kine kijuh ki lyer ki kylla phang. Ki wan beh na shaphang shatei lam mihngi. Lada ngin peit ha ka map ngin ïohi ba ka ri ba don shaphang shatei lam mihngi na Assam ka long ka ri China. Namar ba ka ri China ka long tang ka ryngkew suda, kine ki lyer ba la khot North-East Monsoon kim wan kit slap satia bad ki. Nalor kata, namar ba ki dei ban ïaid lyngba ïa ki lum thah Himalaya shuwa ba kin poi sha ri Assam, ki long kiba khriat shibún Kine ki lyer, namarkata, ki pyntyrkhong bad pynkhriat ïa ka ri jong ngi. Dei tang haba ki la beh lyngba ka Bay of Bengal ba ki kylla 'er-kit-slap bad ki wan rah slap ha Madras ha ki 'nai tlang.

8. -KA STEAM ENGINE

Phi la ju peit bniah mo ïa u ketli ha ïing haba tiew um ha ding? Lada phi la peit phin ïohi ba ynda ka um ka la thnam, ka jingháw um thnam ka mih na khmut bad na khap jingtap ketli da ka boi kaba jur. Ki katto katne ki jait ketli lei lei ki rwai ynda la thnam ka um. Kata, ka jingtap jong ki ka ïa tap ïa plie stet eh namar ba ka jingháw um thnam napoh ka pyrshang ban mih shabar.

Na ka jingpeit bniah ïa ka 'jingrwai' u ketli u James Watt ha ka snem 1758 u la lap ïa ka buit ban pyntrei kam ïa kane ka jingháw um thnam. Dei kane ka jingshem u James Watt kaba long ka kmie jong ki jhad bad ki rel kiba stet ba la pyniaid da ka tdem um. Ïa

kane ka jingshem la ái kyrteng ka Steam Engine —kata, ka engine jingháw um thnam. Ngin peit mynta kumno kane ka Steam Engine ka trei kam.



Ha ka dur ba la dro ngi ïohi ba don kawei ka pipa rit K ka bym lait lyer, hynrei kaba don ár tylli ki thliew A bad B. Kine ki thliew ki pynïasoh ïa kane ka pipa bad kawei pat ka pipa ba kham rit D. Ïa ka tdem um thnam la pynrung ha kane ka pipa lyngba ka thliew O. Ïa kane ka tdem la pynmih da kaba pynthnam ïa ka um ha ki kynja khiew kiba heh bad rben ba la khot ki *boiler* (ym shym pyni ha ka dur). Ka thliew E ka long kaba pyllait noh shabar ïa ka tdem ba la dep trei kam.

Hapoh ka pipa D don ka *slide valve* S kaba lah ban khih sha kadiang bad kamon. Kane ka slide valve ka shong ha kata ka rukom ba ha kajuh ka por, ki pipa baroh ár ki ïa soh tang lyngba kawei ka thliew A ne B, lane ka khang dam ïa ki.

Ha ka pipa K pat don uwei u *piston* P uba tylli bad ba dait sbak ha ki kynroh jong kane ka pipa. Une ruh u lah ban khih sha

kadiang bad sha kamon. Ïa ka tduh une u piston la pyndait ha ka *stuffing box* H kaba lah ban khih sha kamon bad sha kadiang. Ha ka la pyndait ïa uwei pat u kti nar R uba lah ban shád sharum bad shaneng. Ïa ka tduh une u kti la pyndait ha kawei ka bynta jong ka shalyntem ba ngi kwah pyntrei kam.

Kat kum ka dur ba la dio ngi ïohi ba ka kamra ba shaphang kamon u piston ka ïa soh beit bad ka thliew E lyngba ka thliew B. Ka tdem um thnam, namarkata, kaba lah ban don lypa ha kane ka kamra, ka mih noh shabar. Mynta lada ka tdem um thnam ka wan na u boiler lyngba ka thliew O kan rung sha ka kamra ba shaphang kadiang u piston lyngba ka thliew A. Katba nang bún ka tdem ha kane ka kamra, katta ruh nang jur ka bor ba ka ka shon ha baroh sawdong Namar ba kam lait rung beit sha kamra ba sha kamon bym don tdem, kan shu pyrshang ban ñiat ïa u piston, na kadiang sha kamon. Kane ka jingïaid u piston, ka khynñiat ruh ïa ka stuffiing box ha ka phang MN. Ngi iohi, namarkata, ba u kti R un khih ha kata ka rukom ban pyntyllun ïa ka shalyntem ha ka liang ba la pyni da u khnam.

Ïa ka slide valve la pynïasoh ha kata ka rukom bad u piston ba kan khih sha ka liang ba pyrshah — kata, na kamon sha kadiang ryngkat ryngkat bad ka jingkhih u piston. (Ïa kane ka jingpynïasoh ym shym pyni ha ka dur.) Kumta, haba u piston u la poi hajan ka khmut ka thliew B ka slide valve pat ka la plie ïa ka thliew A beit sha ka thliew E katba ka thliew B pat ka

ïa soh bad ka thliew O. Ka tdem na ka kamra ba sha kadiang ba la dap mynshuwa ka mih noh shabar. Mynta ka tdem um ka wan lang pat ha ka kamra ba sha kamon bad tynrah ha u piston na sha kata ka liang. U piston, namarkata, u khih na kamon sha kadiang, u da tan lang ïa ka stuffing box bad u kti R. La pynbiang ïa u kti R ha kata ka rukom ba ka jingkhih ka shalyntem kan long tang ha kawei ka liang la u piston u khih na kamon sha kadiang ne na kadiang sha kamon.

Kane ka jingkhih u piston na kadiang sha kamon bad nangta pat sha kadiang bad kumta ter ter ka ïaid stet ryngkat bad ka jingpli jaka jong ka tdem um ha ki kamra. Kaba mih nangta ka long ka jingtyllun ka shalyntem sawdong u *axle* T jong ka hi. Ïa kane ka jingtyllun la pyndonkam ha kaba pynhér ïa ka rel halor ryngkew ne pynkawéh ïa ki boitha ki jhád halor duriaw ne pynñiat ïa kiwei pat ki kor ki bor.

Hangne ngi ïohi kumno ba ïa ka bor ñiat jong ka tdem um la pynkylla sha kiwei kiwei pat ki jait bor ba ngi lah ban pyndonkam.

9 -- KI JINGTHUNG JINGTEP

Ki riewstad ki ong baroh kiba don jingim ki mih ha kaba nyngkong eh, tang na kawei ka jingim ha kane ka pyrthei. Kane ka jingim ka kharoi da lade hi. Hadien katto katne pateng, don na ki khún jong ka kiba kylla long ki mei kulong kumah jong ki dieng ki siej bad ki jingthung jingtep bad kiwei pat ki kylla long ki mei

kulong kumah jong ki mrad ki mreng, ki sim, ki dohkha bad u briew ruh kumjuh. Ngin ïa peit mynta kumno la pynïabynta ïa ki jingthung jingtep ha ki bynta ba ïa phér.

Ïa baroh ki jingthung jingtep ba don ha ka sla khyndew ngi lah ban pynïabynta ha ki ár ki bynta kiba ïar.

(a) Kito ki bym mih syntiew ne symbái satia, hynrei kiba íai im na kawei ka pateng sha kawei ka pateng da kaba ki shu paitpnat bad saphriang hi.

(b) Kito pat kiba da mih da ki syntiew bad ki symbái bad ïa kiba lah ban pynsaphriang bad pynneh jait tang da ki symbái hi. Kiba bún hi na ki jingthung ha ka pyrthei ki háb ha kane ka bynta kaba ár.

Hapoh kito ki bym mih syntiew ne symbái ngi shem ïa kine harum: -

1. Ki kynja ñiut um, kum u sohpailen bad ki ñiut duriaw. Kine ki shait mih tang haba don um. Ki long kiba jyrngam namar ki don ha ki ki bin bin jyrngam (*chloroplasts*) kumba don ki sla dieng.

2. Ki kynja tit kiba mih ha ryngkew bad búnsien ki im kum ki mangkariang (*parasites*) ha kiwei pat ki jingthung. Kine ki lam lieh ha ka rong namar kim don satia ki bin bin jyrngam.

3. Ki kynja ñiut máw kiba mih ha ki kynroh sngem ne ki dieng sngem bad ki pynlong ka jingsop jyrngam itynnat bad jlih kum ka mukmor. Don na ki kiba don ka met kaba ïar

kum ka pliang rit; kiwei pat ki long dieng ki da sei thied de na shapoh.

4. Ki kynja tyrkhang ne tdong kulai (*equisetum*) kiba ïa syriem ch ïa ki jingthung ba mih syntiew ha ka dur, namar ki don ki thied, ka metbah bad ki syntiew; hynrei kim mih soh. syntiew ne symbái satia.

Hapoh kito pat kiba mih syntiew bad symbái ngi shem ïa kine :—

1. Kito ha kiba ki symbái ki long lyngkhuit kata, ïa ki symbai ym shym la sop satia hapoh ka sop kum hapoh u soh. Ki diengkseh ki háb hapoh kane ka ïing namar u sohkseh um dei shisha u soh kum u sohplom ne sohphoh. U symbái na u sohkseh u lah ban mih bad hér noh ha kano kano ka por.

2. Kito pat ha kiba ïa ki symbái jong ki la sop da u soh Kine ki jait jingthung ki don la ki thied, ki metbah, ki sla bad ki syntiew ba la janai bha. Kane ka ïing ka kynthup ïa kiba bún ch ki jingthung ba mih ha kane ka pyrthei. Lada ngi peit bniah ïa ki symbai jong ki, ngi dang lah ban phiah shuh ïa kane ka ïing ha ki ar bynta :—

(i) Kito kiba ki symbái jong ki ki don tang kawei ka *liang* (*cotyledon*) kum u kháw, u riewhadem, u kew, ka kait, u piat, ki dieng tlai, ki 'tiew dieng bad kiwei kiwei. Ngi la pule shaphang kine ki *liang* ha kiwei pat ki kitáb haba ngi pule ïa 'Ka jingkhie lung ki symbái'.

(ii) Kito kiba ki symbái jong ki ki don *ar liang* kum u sohpieng, u 'tiewsngi bad kiba bún kiwei pat.

10.—KUMNO KI JINGTHUNG KI ÏOH BAM

Ngi la pule ba ki jingthung jingtep ruh ki long kiba don jingim kum u briew bad ki mrád. Khnang ba kin im ki dei ban ïoh bám. Da kumno te kine ki jingthung ki ïoh la ka bam? Kim lah satia ban shang kum ki mrad ban leit wád jingbám na kawei ka jaka sha kawei pat.

Namar ba ki sah shi jaka ka jingbám jong ki jingthung ka dei ban don sawdong ïa ki—kata, ha ka khyndew ba ki hi ki ïeng bad ha ka suiñ bneng. Ngi la pule ha ka Kitáb kaba Nyngkong ba ka khyndew ka don ha ka ki mluh *nitrogen*, *potash*, *phosphates*, bad ka shun. Kine baroh sáw ki long kiba donkam eh kum ki jingbám ïa ki jingthung jingtep. Lah ban ring ïa ki shapoh ka metbah u dieng da ki shñiuh thied kiba rit bad ba mih ha khmut eh ki thied. Hynrei shuwa ban ring ïa ki shapoh, dei ban da pynum shuwa ïa ki. Kine ki um jingbám ki kiew suki suki lyngba ki tyndong thied da ka bor kaba phylla. Hapoh ka met u dieng kine ki sa kylla *protein* ne *acid*.

Ha ka Kitáb kaba Lai, ngi la pule ba ka kamram ba kongsan eh ki sla dieng ka long ban shna jingbám na ka bynta u jingthung na uba ki mih. Kine ki sla ki lah ban leh ia kane ka kam da kaba ki kjit shuwa ïa ka carbon dioxide gas kaba don ha ka haw haw. Ki kjit ïa kane ka gas lyngba ki kynja thliew syep ba rit kiba don kynrei eh ha ka lympen (*underside*) jong ka sla.

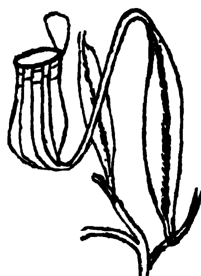
Nalor kane ka *gas* ki donkam ruh ïa ka um. Kane ka wan kiew na shapoh khyndew lyngba ki tyndong thied. Kine ár — ka gas bad ka um — ki ïa khleh lang bad ki bin bin jyrngam (*chloroplasts*) kiba don ha ka sla. Ka jingshai bad jingshit jong ka sngi ka ïar ıp mynta ban shet ih ïa kane ka jingbám ban pynkylla ïa ka sha u kolok bad ka shini. Kumta khnang ba ki sla ki lah ban shna ïa kine ki jingbám ki donkam san tylli kiei kiei — (1) ka carbon dioxide gas, (2) ka um, (3) ki bin bin jyrngam (*chloroplasts*), (4) ka jingshit, (5) ka jingshai. Ngi dei ban kynmaw ba dei tang ha ka por mynsngi ba ki sla ki lah ban trei ïa kane ka kam shna jingbám.

Ki jingkylla hapoh ka met u jingthung ki lah ban pynkylla ïa kane ka shini ba la shna sha ki kynja khleiñ bad umphniang.

Ki don khyndiat eh ki jait jingthung kiba ïoh la ka bám da kiwei pat ki rukom — ym kum ba la pyni haneng.

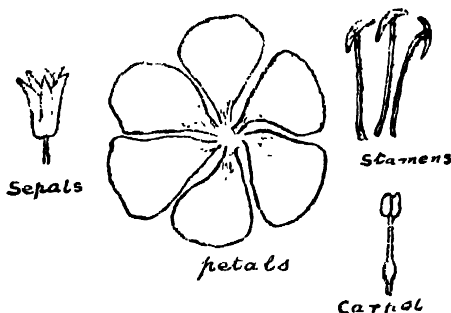
Katto katne na ki ki long ki mangkariang (*parasites*) kiba im ha kiwei pat Katto katne ki jait 'tiew dieng ki im da kaba ki ksam la ki thied shapoh u dieng ha uba ki im. Ki kjit noh ïa ka jor na uta u dieng ba ki kin im. katba u pat u lah ban ïap tyrkhong.

Kiwei pat ki jait jingthung ki im da ki khñiang rit Kine ki don la ki jong ki rukom ba phér ba phér ban kem ïa ki khniang, ban



pynpyut ïa ki bad ban pynkylla jingbám ïa ki. Don kiba shu kdup kynsan mar ïa dem u khñiang. Kiwei pat kum u 'tiew rakot (*pitcher plants*), ki long ki khiew ba don um, ki khñiang kiba háb hapoh ki shu iap jyllop bad ki sa kylla jingbam ïa ki.

11.—KI SYNTIEW BAD KA KAMRAM JONG KI



Ngi la pule ha ka Kitáb kaba Ar shaphang ki rukom syntiew ba phér. Lajan uwei-pa-uwei u syntiew u don ha u sáw bynta. Ka bynta kaba nyngkong ka long kata ka bynta ba ïa soh bad u dieng syntiew. Kane ka long kum ka shang kaba kdup ïa u syntiew. Na ka ki mih katto katne ki sla jyrngam ba ki khot **sepals**. Kine ki ju kdup ïa u shylluit syntiew shuwa ba un kylla syntiew.

Ka bynta kaba ár ka long ka bynta ba pawkhmat eh jong u syntiew. Ka kynthup ïa ki

dob-syntiew ba la khot **petals** Kine ki lah ban shim ïa ki rong ba phér ba phér; bad dei ki rong jong kine ki dob kiba pynitynnat bad pyniphuh iphieng ïa u syntiew baroh uwei.

Lada ngin weng noh da kaba sumar ïa kine ki sepal **bad** petal na u syntiew ngin shem ba sah sa tang ki kynja dieng ba rit bad ba jem. La khot ïa ki ki **stamens** bad ki dei ka jinglong shynrang ki syntiew. Lada phin peit kham bniah phin ïohi ba ha khlieh jong kine ki stamens don i kynja knup rit ba dap da u kynja pui pui stem. Ïa une ngi khot **u** pui pui syntiew **ne pollen dust**.

Hapdeng eh jong u syntiew bad ba la kér kut baroh sawdong da ki stamens — don uwei u dieng rit ba kham jrong bad kham i phér na kine ki stamens Ïa une ki khot **pistil** ne **carpel** bad kane ka dei ka jinglong kynthei u syntiew. Kane ka pistil ka ïeng kham ha jrong ban ïa ki stamens namar ha trai jong ka don ka pla-symbai (*ovary*). Ha uwei uwei u syntiew, kham bunsien eh, don tang kawei ka carpel; hynrei don katto katne kiwei pat ki syntiew kiba don palat ïa ka iwei ruh.

Kitei haneng ki long ki bynta ba kongsan jong uno uno u syntiew. Teng teng don ki syntiew ha kaba kawei ne ár na kitei ki bynta kam don satia. Ka Mariang ruh ka ju pynkylla dur ïa kano kano ka bynta sha ka dur kaba ngim i ïa syrïem satia ïa ka bynta ba ka ieng

Ka kamram ba kongsan eh u syntiew ka long ban pynmih soh bad symbái. Lada ki jingthung

baroh kin iap noh ryngkat bad ka jingwan ka tlang khlem da pynmih ki symbái ban mih buh jli pat ïa ki ha ka aiom kaba búd, ka pyrthei jong ngi kan jin da la long lyngki la slem bah. Ka jingmih u syntiew, namarkata, ka pynthikna ïa ka jingim bad jingsah jong uta u jingthung ha ki aiom ba lawei.

Ban leh ïa kane u pui pui syntiew na ka knup ki stamens u dei ban leit háb bad dambit ha ka shyntur ba ha khlieh ka pistil. Uwei na kine ki pui pui syntiew u sam shapoh ban ïa soh bad ki pylleng ba don hapoh ka pla-symbái. Kine suki suki ki kylla symbái. Kumta, wat la u syntiew u la tlor noh, ka pistil — bad khamtam eh ka pla-symbái (*ovary*) — ka ïaisah ha ka met u dieng.

Ïa une u pui pui syntiew lah ban leit rah ha ka shyntur ka pistil da ka jingkynthér ka lyer ne da ka jingsait ka um. Nalorkata. ki syntiew ki pynkup ïa lade da ki rong ba phér ba phér bad ba itynnat ruh khnang ïa ka ban ring ïa ki khñiang sha lade kum ki ngap, thapbalieh bad kiwei kiwei, ba kin ïarap ha kane ka kam. Ka jingdon ki umsyntiew thiang shapoh u syntiew ruh ka nang ïarap shuh shuh ban khring ïa kine ki jngtháw. Haba u khniang u rung shapoh u syntiew u synrúd de artat ïa ki knup stamens. Kumta ïa ka met jong u la tap da u pui pui syntiew. Haba u mih noh shabar u synrúd pat sa ha ka shyntur ka pistil bad katto katne u pui pui u sahkut noh hangta. Ki ngap ki pyndonkam ïa une u pui pui ha kaba shna jingbám ïa lade.

12.--KI SOH BAD KA KAMRAM JONG KI

Lehse ngi lah ban kum pyrkhat ba u dieng uba la pynmih syntiew u la pynkut la ka kam jong u. Hynrei em, kam long kumta. U dieng u lah ban pynmih u syntiew uba itynnat ne ba iwbih katno katno, pynban haba uta u syntiew u'm kylla soh, ka kamram u dieng ka la pulom.

Kumba ngi la pule, ka kamram ki syntiew ka long ban pynim pynsah la ka jait ka kynja. Ka pylleng syntiew ba la ïasoh bad uwei u pui pui syntiew ka pynlong u symbái khún. Kiwei kiwei ki bynta u syntiew ki ïap ki tlor noh ne ki sop lang ban kylla soh ban kdup ïa u symbái khún ba don hapoh. Une u symbái u nang san nang san katba nang ïaid ki por; kumjuh ruh u soh u nangih nangih. Haba ngi ong 'soh' ngim mut satia tang kito kiba don um bad ba long bám kum u sohñiamtra ne sohphoh. Kito baroh kiba sop ïa u symbai — kum ka metsop ïa ki shyieng motor ne ka byrni ksai ba sop ïa ka snepkor — ki long hi ki soh.

Namar ba ki jingthung jingtep ki dei lyngba ki symbai jong ki ban pynmih pat ïa lade ha kawei pat ka aiom, ka long kaba kongsan ba kine ki symbái kin hab ha ka khyndew kaba seisoh. Kawei na ki kamram ki soh, namarkata — ha ka jingïadei jong ki bad la ki pateng ban wan — ka long ban peit ba kine ki symbái kin hap ha ki jaka ba ki lah ban seisoh pat. Shim mynta ïa uno uno u dieng uba la mih ki soh bad hadien kata ki symbái — ong shi spah ki symbai. Lada

ynda la kut ka aiom, kine baroh shi spah ki symbái kin shu hab beit ha trai dieng bad kin sdang ban khie lung baroh, hato yn jia aiu? Kato ka khyndew ha kaba ki háb kan ym lah satia ban kyrshán jingbám ïa shi spah tylli ki sara dieng kiba mih lang brip shi jaka. Kine ki shi spah kin iap swai ha ka duna jingbám bad ym don satia wat uwei ruh u ban pynmih u dieng uba itynnat bad ki soh ki ban long ka jingkyrmen jong ka lawei.

Ki soh, namarkata, ki long ki dáw da kaba ïa ki symbái la pynphriang kylleng ki jaka ba kin mih. Ki don kiwei pat ruh ki dáw kiba ïarap lem ha kane ka kam ki soh.

Ki mrád bad kumjuh ruh ki briew kiba bám soh ki khlei ïa ki shyieng — kiba long symbái — sha ki jaka ba kham sha jngai na ka metdieng ba uta u symbái u mih. Ngim ju bám sohñiamtra bad leit bret pat ïa ki shyieng sha ri Wár na kaba une u soh u mih, hynrei kat sha ba lap ba shem. Lada ka khyndew, ka jingshit bad ka um ha ka jaka ba uta u symbái u háp ki long kiba ïa dei, uta u symbái u lah ban khie lung pat. Lajan baroh ki soh ba bún um ki long bám tang ynda ki la ih — kata ki long bám tang ynda u symbai ruh u la kloi ban mih noh na uta u soh ban im la ka jingim. Kumta ki soh ba la ih ki thiang bad ki kham pynpáw rong ïa lade ban khring ïa ki briew bad ki mrad ban ïarap lem ïa ki ha kane ka jingpynphriang.

Don pat ruh ki symbái — kum ki sohbyrthit —kiba pynphriang ïa lade da kaba ki snoh ha ka met ki mrád ne ki jaiñ ki nep ki briew. Kine ki

soh bad ka kamram jong ki ki tháw dur ïa ki soh jong ki ba kin long snoh ha kino kino kiba wan tur shajan jong ki.

Ka lyer ruh ka ïarap ha kaba pynsaphriang ïa ki symbái. Ki symbái ba la pynphriang da ka lyer ki don ki kynja sla stang ba long kum ki thapniang, da kiba ka lyer ka lah ban rah ïa ki. Ki symbái u dieng dymbur ki don kum kine ki thapniang. Ki symbái u dieng ksch kiba ngin shem hapoh u sohksch ruh ki don kum kine ki thapniang.

Ka um ruh ka ïarap ban kit ïa ki symbái jong kino kino ki jait dieng ba mih harum jong ka, na kawei ka jaka sha kawei pat. Ka um rúd duriaw ka kit kumne ïa ki snepkor bad pynsaphriang ïa ki baroh ka lynter rúd duriaw.

Don pat ki kynja soh kiba ih suki suki haduh ba ki symbái ruh ki la kloi ban mih. Ynda ki poi ha kane ka jinglong ki bthei kynsan bad ki pynphriang ïa ki symbái kylleng sáwdong jong ki.

13—KI MRAD SÁW KJAT

Ki mrád kiba don sáw kjat ki bún katta katta bad ki don la ki jong ki jinglong ba phér. Uwei u mrád sáw kjat u ïa phér na uwei pat. Peit tang na ki kjat hi. Ki kjat u ksew kim ïa dei thik kum ki kjat u kulái; lymne ki jong ka miaw kum ki jong ka blang. Ki ïa phér kumne namar ki don la ki kam ki kam ba ki dei ban pyndep.

Ki kjat u kulái, ka masi ki ïa ryngkat ha

ka jingjrong. U risaag bad ka rabit pat ki don ki kti kiba kham lyngkot ïa ki kjat khnang ba kin lah rynsied. Ki kjat u hati ki long kiba heh bad ba beit, kumta ki lah ban ïaid stet. Lajan ha baroh kine ki mrád don ka jingkhun na ka lynghoh hamar tymbuit bad khohsiew.

Baroh kine ki mrád ki don bniat. Hynrei tang shu kha ïa ki sha kano ka pyrthei kim don bniat satia. Kumta ka jingbám ha ka por ba ki dang rit ka dei kan long kaba jem bym da háb ktha, kum ka dud ka kmie jong ki. Ynda ki la heh, ki bniat jong ki ruh ki nang mih. Ki jait bniat ba kine ki mrad ki mih ki shong eh ha ki rukom jingbám ba ki bám. Ki mrad kum ki ksew, ki miaw, ki khla kiba bám da ka doh mrád hi ki don ki bniat kiba khlaiñ bad ba nep ba ki lah ban kem bad pajait ïa ka doh ba ki bám. Kito ki mrád pat kiba bám da ki jhur kum ka masi ne u kulái kim da donkam eh ïa ki bniat kum ki jong ki mrád bám doh. Ki mrad kum ki risang ne rabit kiba bám da ki soh eh snep ki don ki bniat kiba heh bad ba nep kum u paiñtali. Da kine ki pynpait ïa ki soh-ot ne shana badam ba ki bám.

Baroh kine ki mrád ki pynhiar mynsiem lyngba ki tor. Ki don ar tylli ki tor — uwei sha kamon uwei sha kadiang jong u klongsnam bad la kér kut ïa ki da ka rúh ki shyieng krung. Ha trai jong ki don kaba ki khot ka **diaphragm** kaba ïa hiar ïa kiew ryngkat bad ka jingpynhiar mynsiem. Haba ring mynsiem, ka lyer khuid ka rung shapoh ki tor bad ka pynkhuid ïa ka snám. Haba pynhiar mynsiem pat ka lyer sniew

hapoh ki tor kaba don ha ka ka carbonic acid gas ka mih noh shábár.

U klongsnám kine ki mrád u don sáw kamra —ar haneng ar harum. Ka liang kamon — kata, kawei ka kamra haneng bad kawei harum kaba ïa soh beit bad kane kaba haneng — ka ïoh ïa ka snám sniew na ka met baroh kawei bad phah sha ki tor ban pynkhuid ïa ka. Ka snam ba la pynkhuid kumne ka wan phai sha ki ár ki kamra ba sha ka liang kadiang.

Kine ki mrád baroh ki kha beit da ki khún —ym da ki pylleng. Ki ái buiñ ïa ki haba ki dang rit bad sumar sukher ïa ki haduh ba kin da lah ban ïoh hi la ka bám.

Ki mrád ba ïaid ar kjat — kum u shrieh ne u briew ruh — ki don kitei kijuh hi ki jinglong kum ki mrád sáw kjat; tang ba kumba ngi la ong mynshuwa ki kham roi ha ka jinglong jong ki. Phin shem ki bniat u briew kim da khlaiñ shuh kat ki jong ki mrád namar ïa ki jingbám jong u, u da jied bad nangta u da shet bha. Ki kti jong u ruh kim jrong shuh kat ki kjat namar um pyndonkam shuh ïa ki ha kaba ïaid. Ki la trei da kiwei pat ki kam ba kham sting.

14.—KI MRAD KI MRENG

Baroh ngi lah ban pynïapher ïa ki mrád na ki jingthung jingtep da kaba ngi shu peit. Hynrei kane ka jingpynïapher ka kham shitom haba ngi peit ïa ki jait jingim kiba rim tam. Kiba kum kine ki bún eh shapoh duriaw. La katta ruh ngin pyrshang ban pynïabynta ïa ki

jait mrad baroh ha ki iing ba ïa phér ïa phér, da kaba ngi sdang na kine ki jingim ba rim tam bad ba shi sur tam. Ka ktien 'mrád' hangne ka kynthup ruh ïa ki khñiang, ki sim, ki dohkha bad wat ïa u briew ruh.

Ngi lah ban pynïabynta ïa ki jait mrád baroh ha ki ar bynta kiba ïar tam – (a) kito ki bym don búdlúm bad (b) kito kiba don búdlúm.

Hapoh kito ki bym don búd lúm ngi shem ïa kine ki jait mrád.

1. Ki kynja khñiang paila kiba ngi shem tang shapoh duriaw.

2. Ki mrad jem met kum ka mattah. Búnsien kine ki don la ki shynrong kiba eh ha kiba ki shong ne rieh. Ki im ha ki pung, ki wah ne ki duriaw. Ki pynhiar mynsiem lyngba ki thliew ha ka ryndang bad ki pár suki eh ha ki kjat ba dapdoh jong ki.

3. Ki mrad kum ki wieh bad ki thliem. Ïa ka met jong ki la pynlong da ka jingïadait lang ki ksah. Ki pár da ki kjat treng rit kiba mih napoh ki ksah kum ki kjat.

4. Ki mrád kum ki khñiang bad ka thapbawa. Ïa ka met kine ki mrád ruh la pynlong da ki ksah ba la pynïasnoh kawei hadien kawei pat. Lah ban pynïabynta ïa ka met jong ki baroh kawei ha ki lái bynta— ka khlieh, ka shadem bad ka metbah. Ki don barabor hynriew tylli ki kjat Kiba bún na ki ki don thapniang ban hér. Ki khñiang baroh ki kha da ki pylleng; kine ki pylleng ki kylla ksaiñ; nangta pat ki sa kylla 'ñianglong bad khatduh eh ki sa kylla khñiang. Tang ka

thapbawa ka don phra kjat bad ka kha beit da ki khún thapbawa hi — ym da ki pylleng.

Hapoh kito pat kiba don búdlúm ngi shem ïa kine ki jait —

1. Ki mrád ba ngi khot ki dohkha. Kine ki don ka snám kaba khriat; kumta ki lah ban im tang hapoh um. Ki pynhiar mynsiem lyngba u shaba jong ki bad u klongsnám jong ki u don tang ar kamra. Ki kha da ki pylleng. Ïa ka met jong ki la syrtap da ki snep. Ki ingi na kawei ka jaka sha kawei pat da ka jingïarap ki shnet bad ka tdong jong ki.

2. Ki mrád kum ki jakoid, ki beng. Kine ki kha pylleng hapoh um bad la pdem ïa ki da ka jingshit ka sngi. Haba ki dang rit — kata, haba ki dang long lun — ki im hapoh um kum ki dohkha. Ynda ki la heh, ki tor jong ki ki sdang trei kam kumta ba ki don kam ban im ha ryngkew. Ki kjat bad ki kti jong ki ruh ki mih; bad da kine ki lah ban rynsied na kawei ka jaka sha kawei pat. Ki don ruh u klongsnám ba ar kamra.

3. Ki mrád kum ki bseiñ, ki 'ñiangblen, ki crocodile bad ki dkár. Kine ki kha da ki pylleng. Ki don ka snám kaba khriat, ki pynhiar mynsiem lyngba ki tor jong ki. U klongsnám jong ki u don tang lái kamra.

4. Ki mrád ba ngi khot ki sim. Kine ki kha da ki pylleng bad pdem ïa ki. Ki don u klongsnam uba sáw kamra bad ki pynhiar mynsiem da ki tor. Ïa ka met jong ki la ju tap da u shñiuh. Ki don ar jur ki kjat ki kti, hynrei ïa ka jur ba ngi khot ki kti la pynkylla dur sha ki thapniang ba ki lah ban her.

5. Ki mrad kum u ksew, ka maw, u kulái ka masi, u khla, u hati bad bún kiwei kiwei. U briew ruh u hap ha kane ka ïing. Kine baroh ki kha da ki khún bad ki ái buiñ ïa ki haba ki dang rit. U klongsnám jong ki u don sáw kamra bad ki don ka snám kaba syaid. Ki pynhiar mynsiem da ki tor bad ïa ka met jong ki la ju tap da u shñiuh. U briew u long tang u mrád ba ha khlich tam.

15.— KI AIÑ SHONG KALI

Ngi la pule ha ka Kitab kaba Ar ïa kiba bún jait ki rukom leit rukom wan kiba don ha ka pyrthei mynta. Ngi pule ruh ïa ki aiñ ba ngi dei ban sumar haba ngi ïaid ngi ïeng ha surok bah. Mynta ngin ïa pule khyndiat shaphang ki aiñ shong kali (ka ktien 'kali' hangne ka thew ïa ki motor car, bus, tram bad kiwei kiwei de)

Ha kiba bún ki nongbah ka pyrthei don ki bus kiba ïaid na kawei ka bynta ka shnong sha kawei pat jyngba ki surok ba thikna. Kine ki sangeh artat artat lynti — ha ki jaka ba la buh ïa ki ban sahngeh — ban pynhiar ne kyntiew briew

Ka long kaba dei eh ban kynmáw ba dei ban ái lad shuwa ïa kiba hiar na ka bus shuwa ba ngin kiew, lada don jaka. Lada ïa hiar ïa kiew ha kajuh ka por, kan mih tang ka jingïaphngian bad ka jingkulmar suda. Haba hiar na ki bus ruh, ái ba kiba don hajan jingkhang kin hiar shuwa, nangta sa ïa bud ter ter kiba na kham shapdeng Haba kiew pat ruh, ym dei ban shu ïa knieh. Ka long ka rukom pynïaid kaba itynnat

bad kaba dei ban búd da kaba shu ïeng lang ter ha u line (*queue*); uba poi shuwa ha khmat eh, Iusert, 'bad' kiba poi kham slem pat kham shadien. Lada ngin leh kumne, kita kiba la ap kham slem ki ïoh lad ban rung shuwa haba wan ka bus bad kaei kaei baroh ka ïaid ryntih.

Ki bus ki lah ban kit tang katta ngut ki briew katba la buh ïa ki ban kit. Ba kin kit palat eh ïa ki briew, ki kor ki bor jong ki ki sniew kloi bad ki nongshong ruh kim ïoh jaka shong kaba arám

Ha kiba bún ki shnong ba ïaid ki bus kim ju shah ba ki bus kin kit briew palat ïa ki jaka shong (*number of seats*) ba ki don. Kane ka kham long ha ki shnong ba don ki lynti ba khongwaiñ ne ba hiar ba kiew, kum ha ki lum jong ngi. Ha ki shnong ri thor pat ki shah sa katto katne ban shu ieng — lada bún briew eh— nalor ba la pyndap ïa ki jaka shong. Ka long kaba mynsáw ban pyrshang ban snoh ha ka bus haba ym ïoh jaka shuh.

Kitei ki aiñ shong bus hapoh shnong ki long kijuh ki aiñ haba ngi shong tram ha ki shnong beh. Ngim dei ban pyrshang kiew ne hiar haba ka bus ne ka tram ka dang her; ngi lah ban kum ar, mynsáw bad ngi lah wat ban shah tylliat ruh

Haba ngi shong pat ha ki bus ne rel kiba leit na kawei ka shnong sha kawei pat, kine ki aiñ ki trei kam hi, tang ba ym da pyrdonkam eh ïa ki, namar ym don kiba ïa hiar ïa kiew man la ka por. Nalor kata kim kham die tiket palat ïa ki jaka shong ba ki don.

Ngi dei ban kynmaw ba haba ngi shong ha ki bus, ki tram ne ki rel kiba kit ym tang ïa ngi hynrei ïa kiwei pat ki para nongleit jingleit ba ngin long kiba don akor. Ngi dei ban pynïaid ïa lade ban bit ym tang ïa lade hi shimet, hynrei ïa kito baroh kiba ïa leit ryngkat bad ngi. Hangno hangno ruh, ka akor kaba tam.

16. — KI AIÑ ÑIAH KALI

Ki kali ba ngi shong — la ki long ki private, ki taxi. ki bus ne ki truck — ki long ki mráw kiba bha hynrei ki kynrad kiba sniew. Ka long kaba donkam eh, namar kata, ba kiba ñiah ïa ki kin long kiba la pyntbit bha ïa lade ha ka rukom ñiah. Ha ki kti u nongñiah shong ka jingim jong u hi bad jong kito baroh kiba shong ha ka kali ba u ñiah bad wat ïa ka jingim jong kito kiba ïaid ha surok ruh.

Lada jia ryngkhat ba ngi long ne ngin sa long ki nongñiah kali — ïa ki private, taxi, bus ne truck ngi dei ban kynmaw katto katne ki aiñ kiba kongsan jong ka surok ba ngin lait na ki jingmynsaw

Kaba nyngkong eh - ngim déi ban pynhér stet eh ïa ki kali jong ngi. Ha kano kano ka surok ruh don kaba ki ong ha ka ktien Phareng ka *speed limit* ba la buh da ka aiñ. Kane ka mut ba kano kano ka kali kaba hér palat ïa ka bor hér (*speed*), ka púd (*limit*) ba la buh, ka la palat hukum, bad kumta dei ban shaiñ kuna ia ka. La buh khnang ïa kane ka púd ba ki kali bad ki briew ruh kumjuh kin lait na ki jingmynsaw

U nongñiah u lah ban sharai khambha ïa ka kali ba ïaid suki bad ïa kaba her stet eh, khamtam ha ki lynti khongwaiñ.

Kaba ar pat — ngim dei ban pynïaid ïa ki kali jong ngi ha surok ha kata ka rukom ba ngin khang lynti ïa kiwei pat. Kynmáw ba ka surok kam dei tang ka jong uwei u briew. Donkam ba ngin ñiah la ka kali sha ka liang kadiang jong ka surok kumta ba ka kali ba wan na kawei pat ka liang ka lah ban ïaid lait ïa ka jong ngi. Haba ñiah ruh. dei ban ñiah beit, ym khwung shane khweng shatai. Kaba kum kata ka rukom ñiah ka pynkulmar ïa kiwei pat ki nongñiah kiba nang ban ñiah beit.

Nalor kata, ki kali ba kham suki ïaid ki dei ban ái pass ïa ki kali ba kham stet. Kiba kham suki ki lah ban búd nadien.

Ka long ka bym dei ban pynïeng kali ha ki lynti khim ne ki jaka ba ka aiñ ka la mana bym bit pynïeng. Kane ka lah ban khang lynti ïa kiwei pat ki kali. Wat ju pynphai kali ruh ha ki jaka ba khim.

Kaba lái pat — haba ñiah mynmiet, peit ba ki sharak kali baroh ki biang bad ki meh. Donkam ban don la kumno kumno ar tylli ki sharak heh na khmat, ar kiba rit na sha krung khmat bad kawei ka sharák sáw na shadien shaphang kamon.

Lada ngi pyrshang ñiah kali mynmiet khlem ki sharak khmat, ngi lah ban nym ïohi bha ïa ka lynti bad pyntur ïa ka maw ka dieng, pynliat sha 'liewnur 'liewkhap ne pynnoh shariat sharam. Nalor kata ngi lah wat ban kum tylliat briew ha

ka jingbymïohi. Kiwei pat ki para kali ruh ki lah ban ym ïohi ïa phi bad kumta jia ka accident.

Ka sharak saw shadien pat ka ïarap ïa ki kali ba bud nadien ban ïohi ïa ka kali jong phi. Kam dei ban long kaba thaba than ïoh ka pynbyrie ïa ki khmat u nongñiah ba bud nadien.

Ka ju long ka akor ba haba ar tylli ki kali ki ïaid lait kawei-ïa-kawei pat mynmiet, ba uwei-pa-uwei u nongñiah un pyndum ïa ki sharak khmat jong u khyndiat por ba kin ym phalang ha ki khmat jong uwei pat u nongñiah. Kane ka ïarap ïa ki ban ym bakla ïa ka lynti.

Ngi ïohi, namarkata, ba hangne ruh donkam ban pyndonkam ïa ka akor bad ban kohnguh ïa ki ain ba la buh. Haba ñiah hapoh shnong ngi dei ban kynmáw ban búd ruh ïa ka jingpyni jong ki pulit ba la buh khnang ban pynïaid ïa ki kali ha ka rukom ban ym mih jingkulmat ne jingmynsáw.

Khatduh eh, kynmáw ïa ka long ka jingtyngkang hukum ba u briew ne ka briew bym pat ïoh licence (*laisen*) un ñiah kali. Uwei-pa-uwei u nongñiah u dei ban don ka licence ba ái ka Sorkar ynda ka la shem ïa u ba u long uba tbit ha ka rukom ñiah kali

17.--KA RUKOM SYNSHAR ÏA KA RI INDIA

Ka ri India ka la ïoh ïa ka jinglaitluid ha ka 15 tarik u August 1947. Naduh kata ka por, ki nongsynshar trai ri ki la saiñ dur ïa ka Riti ka rukom synshar ïa ka ri. Ha ka

26 tarik u January 1950 la pynbna bad pynjari ba ka rukom synshar ïa ka ri ka long kaba da u paidbah, ïa u paidbah, na ka bynta u paidbah ha kaba u khlieh jong ka jingsynshar u long u President. La khot ïa kane ka jingsynshar ka Sovereign Democratic Republic of India.

Ka nongbah jong ka ri India ka dei ka New Delhi Hangne don ar tylli ki Durbar Hima. Kawei kaba ki khot ka Lok Sabha bad kawei pat ka Rajya Sabha. Ïa ki dkhot jong kine ki durbar ki khot 'Member of Parliament' ne tang M. P. haba shu thoh lyngkot.

Ka Lok Sabha ka don ym palat 500 ngut ki nongmihkhmat ba la jied da u paidbah. U trai shnong India uba la kot 21 snem ka rta u la don hok ban jied ïa ki nongmihkhmat. Uba lah ban long nongmihkhmat u dei ban ym duna 25 snem ka rta. Kane ka Durbar kan neh tang 5 snem lymda la pynwai ne pyndam noh ïa ka shuwa kata ka por da u President.

Ki dkhot kane ka Durbár ki jied la u jong u nongpynïaid Durbar uba ki khot u Speaker. Ki jied ruh ïa u ban shim pli ha ka jaka jong u haba jia ba um don bad ki khot ïa u, u Deputy Speaker.

Ka Rajya Sabha ka don ym palat 250 ngut ki nongmihkhmat bad na kine 238 ngut la jied da ki nongmihkhmat na ki Durbar Thaw Aiñ (Legislative Assembly) jong ki jylla ha ka ri kat kum ka jingkheiñ ba ki don hok ban phah nongmihkhmat. Ïa ki 12 ngut pat la jied da u President napdeng ki briew kiba la don ka jingtbit ha ki liang jingnang jingstad. Uba lah ban long u

nongmihkhmat sha kane ka Durbár u dei ban ym duna 30 snem ka rta. Ïa kane ka Durbár ym lah ban pynwai ne pyndam; hynrei shi bynta na ka lái bynta ki dkhot jong ka kin mih noh man la ka ar snem bad yn jied thymmái ha ka jaka jong ki. Ïa kane ka Durbár la pynïaid da u Vice-President ka ri India kum u Chairman bad ka Durbár ka jied tang ïa u Deputy Chairman u ban shim pli ha ka jaka jong u haba um don.

Ïa u President la jied da ki nongmihkhmat na baroh ar ki Durbár Hima bad ruh da ki nongmihkhmat ki Durbár Tháw Aiñ na ki jylla ka ri. Un neh ha ka kam san snem bad lah ban jied pat ïa u ynda ïa kut ki san snem. U dei ban long u trai shnong ka ri India bad uba la dap 35 snem ka rta. U dei ruh ban don ki jingbit jingbiang ban long u dkhot jong ka Lok Sabha.

Ïa u Vice-President la jied tang da ki dkhot ki Durbár Hima ka ri India. U ruh u neh ha ka kam tang san snem bad u dei ban don ki jingbit jingbiang kumba dei ban don uba bit ban long President. U pynïaid ïa ki kam ki jam ha ka Durbár Hima kaba ki khot Rajya Sabha. Haba u President u ïap ne ïehnoh kam ne la beh kam dei ma u, u ban long President haduh ban da jied da uwei pat.

Ka ri India ka don 14 tylli ki jylla ba ki khot states kat kum ka jingpynbeit thymmai. Ha man la kawei-pa-kawei ka jylla don ka Durbár Tháw Aiñ kaba ïa ki nongmihkhmat jong ka la jied da u paidbah.

Ki jylla kat kum ka jingpynbeit thymmái ki long — Andhra Pradesh, Assam, Bihar, Bombay. Kerala, Madhya Pradesh, Madras. Mysore, Orissa, Punjab, Rajasthan, Uttar Pradesh, West Bengal, Jammu bad Kashmir. Nalor kine ki don sa kiba ki khot ki Union Territories bad kita ki dei ka Delhi, Himachal Pradesh, Manipur. Tripura. ki dewlynnong Laccadive, Minicoy bad Amindivi bad ki dewlynnong Andaman bad Nicobar. Ïa ka Bombay la pliah ha ki ar jylla ka Gujrat bad Maharastra ha ka shi tarik u Jymmang 1960. Ka Nagaland ka la ïoh la ka jylla ha ka shi tarik u Nohprah 1963. Ka long ka jylla kaba khathynriew Ki jylla kumba ki long mynta ki don 16 tylli.

Ka Sorkar India ka pynkhreh ban ïoh ïa ka mynjur ka Durbár Tháw Aiñ ban ai Jylla pura ïa ki Union Territories Manipur bad Tripura.

Ïa ki bynta kiba shaphang shatei lam mihngi jong ka ri India ha syndah eh ka jylla Assam la buh hapoh ka jingsynshar beit da u President ka ri India lyngba u Governor ka Assam. Ïa kane ka jingsynshar la khot ka North-East Frontier Agency

18. —KA RUKOM SYNSHAR ÏA KA JYLLA ASSAM

Ka Assam ka long ka jylla ba shaphang mihngi eh jong ka ri India. Lada ngi peit ha ka map ngin ïohi ba shaphang mihngi jong ka don ka Manipur bad Burma. Shatei pat la kér kut ïa ka da ka North-East Frontier Agency

(N.E.F.A.) kaba ïa khap bad ka ri China. Shathie bad sepngi la kér ïa ka da ka East Pakistan bad khyndiat eh ka bynta jong ka jylla West Bengal.

Ka nongbah ka Jylla Assam ka dei ka Shillong, kaba don halor ki Lúm Khasi ba itynnat. Hangne shong u Governor uba peit ïa ka synshár ka khadár jong ka jylla baroh kawei. Dei ma u uba synshár na ka bynta u President ka ri India uba thung ïa u. Dei ha ka kyrteng jong u ba pyntrei kam ïa ki kam ki iam baroh hapoh ka jylla.

Ha ka nongbah Shillong ka don ruh ka Durbár Tháw Aiñ jong ka jylla kaba ki khot ka 'Legislative Assembly' Lyngba ki election, u paid jong ka jylla baroh kawei u phah sha kane ka Durbár 105 ngut ki nongmihkhmat ban ïeng na ka bynta jong u. Mar ïa dep election, u Governor un khot ïa uwei na kine ki nongmihkhmat uba ioh ïa ka jingkyrshan kiba bún ban long u Myntri Rangbah (*Chief Minister*). Une u Myntri Rangbah un jied shuh sa katto katne na kine ki nongmihkhmat ban long ki Myntri (*Ministers*) ban ïa trei lang bad u ha kaba synshár ïa ka jylla. U Myntri Rangbah bad ki Myntri jong u ki da shim smai ha khmat u Governor shuwa ban pynkhamti ïa ka kam ha ki. Ka Office jong u Myntri Rangbah bad ki Myntri jong u ba la khot ka Civil Secretariat ka don ha Shillong.

Kitei ki 105 ngut ki nongmihkhmat ki wan ban ïa lang lang hapoh ka Legislative Assembly ban ïa pyrkhat kumno ban pynïaid shaphrang

bad pynbha ïa ka jylla. Da ka jingiatai bad pyni nia jong ki, ki pynmih ïa ki aiñ ba ka jylla ka dei ban búd.

Ha Gauhati pat don ka High Court kaba long ka Kashari ba ha khlieh tam hapoh ka jylla. Hangne shong u Nongbishár Rangbah ba la khot u Chief Justice bad katto katne ki nongbishár kiba peit ïa ka aiñ jong ka jylla. Hangne ki bishar ïa ki mokotduma jong ka jylla.

Ïa ka jylla baroh kawei la phiah ha ki khatwei tylli ki District. Kawei kawei ka District ka don la ka nongbah ha kaba shong u Deputy Commissioner. Une u don la ka Kashari kaba pynïaid ïa ka synshár khadár jong kato ka District. Ïa ka District lah ban dang phiah shuh ha ki Sub-Division; ïa kawei kawei ka Sub-Division la pynïaid da u Sub-Divisional Officer, uba long hapoh u Deputy Commissioner. Baroh ki Deputy Commissioner ki long hapoh u Governor.

Napdeng kine ki District, san ki long ki District Ri Lum. Kine ki long — (1) United Khasi & Jaintia Hills (2) Garo Hills (3) Lushai Hills (4) North Cachar Hills bad (5) Mikir Hills. Ïa ka Mikir Hills bad North Cachar Hills la pynïasoh lang bad la buh ïa ki hapoh uwei u Deputy Commissioner na ka bynta ka jingbit ka jingsynshár. La khot kyrteng ïa kine ar ki District — United Mikir and North Cachar Hills. Ka Riti ka Ri India ka ái ruh ha kine ki san ki District ri lum ïa ka bor synshár hi ha ki katto katne ki liang. Ïa kine ki District, namarkata, la khot Autonomous District.

Ka Riti ka Ri India ka ái bor ïa ki Autonomous District ban don la ki Durbár ba ki ai kyrteng ki District Council. Kawei kawei ka District Council ka don ym palat ïa ka 24 ngut ki nongmihkhmat kiba pynïaid ïa ka.

Ka District Council ka don ka Executive Committee kaba kynthup lái ngut na ki dkhot jong ka. Uwei na ki u long u Chief Executive Member bad ar ngut pat ki long ki Executive Member. Ka Executive Committee ka pynïaid ïa ki kam ki jam baroh ba la ai bor ha ka District Council ban pynïaid.

Ka Riti ka Ri India ka ai bor ban pynlong Regional Council hapoh ki Autonomous District, lada donkam. Haba shu ong kyllum, ki don kijuh ki bor kum ki District Council.

Ki bynta jong ki ri Lúm ba don shajan Assam kiba la tip da ka kyrteng N.E.F.A. kim long satia hapoh ka jingpynïaid ka Sorkar Assam. Ïa ki la synshar da ka Sorkar India lyngba u Governor ka Assam uba don ka office ba kyrpang na ka bynta kane ka kam.

Ki District Council ki don la ki jong ki kashari na kiba ki pynïaid kam bad ha kiba ki bishar ïa ki mokotduma ba la ai bor ïa ki ban bishar.

Naduh shi tarik u Nohprah 1957, ïa ka Naga Hills la pynkhlad noh na ka jylla Assam bad ïa ka Tuensang Division na ka North-East Frontier Agency. La buh lang ïa kine ar tang hapoh uwei u Commissioner uba long beit hapoh u President lyngba u Governor jong ka Assam. La ai kyrteng ïa kane ka bynta da ka kyrteng

Naga Hills bad Tuensang Administration. La phiah ïa ka ha ki lái tylli ki District—ka Kohima, Mokokchung bad Tuensang bad kawei kawei na ki ka long hapoh u Deputy Commissioner. Mynta ka la ïoh la ka jong ka Jylla.

Ha ka 2 tarik u Ïaiong 1970 ka Sorkar India ka la pynlong ïa ka Autonomous State (ka Jylla ba don bor don hok ban synshar hi) hapoh ka Jylla Assam kaba la jér kyrteng Meghalaya — ka ïing ki lyoh Kane ka Autonomous State ka kynthup tang ïa ka United Khasi bad Jaintia Hills District bad ïa ka Garo Hills District. Kane ka Jylla ka dang ïa soh bad ka Jylla Assam ha ki katto katne ki bynta jingsynshar khadár kum ha ka jingsynshár ba ïa dei bad ka Sor Shillong.

Lah ban phah nongmihkhmat sha ka Durbar Thaw Aiñ kane ka Jylla ym duna ïa ka 35 ngut bad ym palat ïa ka 55 ngut ïa kiba yn jied da kito kiba don hok ban jied.

U Governor ka Jylla u lah, lada u sngew ba kano kano ka kynhun rit paid hapoh ka Jylla ka donkam nongmihkhmat bad ba ym shym don jingmihkhmat kaba biang hangta, ban thung nongmihkhmat ym palat ïa ka lái ngut na ki dkhot jong kiba kum kita ki kynhun rit paid.

Ïa mynta hi la pynjari ba yn don 38 tylli ki constituency (ki kynhun nongjied nongmihkhmat) sha ka Durbár Thaw Aiñ ka Meghalaya. Na Jowai Autonomous District 4 tylli, na United Khasi bad Jaintia Hills Autonomous District 18 tylli bad na Garo Hills Autonomous District 16 tylli.

Ki kyrteng jong ki constituency ki long (i) ha Jowai Autonomaus District – Jowai Town, Nongtalang, Sutnga-Shangpung bad Nartiang-Raliang; (ii) ha United Khasi bad Jaintia Hills Autonomous District – Mawkhar, Mawprem, Laban, Nongthymmai, Jirang, Nongkhlaw, Kyrdem, Nongkrem, Mawlái, Nongkseh, Sohiong Nongspung, Lyngngam, Pynursla, Shella, Sohra, Mawsynrám bad Rangthong.

N.B. - Pule ruh sa ia ki lynnong kiba khatduh kane ka kitab.

19. — KA MET U BRIEW

Ïa ka met u briew la pynsyriem bad ka kor (*engine*) kaba la pynlong da ki bynta (*systems*) ba la phér.

Ka met u briew ka don ka shynrong shyieng ne shrúh (*skeleton*) kaba kyrshán pynwandur ïa ka ban ïa da ïa ki bynta ba shapoh ka met jong u. Ïa ka bynta ba la pynlong da ki shyieng la khot **Bony ne Skeletal System.** Kane ka don 206 tylli ki shyieng ba la pyndap hangne hangtai da ki shyieng jem ba la khot ki kyrkhoit (*cartilage*).

La pynïasoh ïa kawei ka shyieng bad kawei pat, lane ïa ka shyieng bad ka kyrkhoit da ki thied 'sailieh (*ligaments*) kiba jwat shibún eh. Nalor jong ka shyieng pat tap sa ki dohksah (*muscles*). Kine ki pynlong ïa kata ka bynta ba ki khot **Muscular System.**

Hapoh jong ka shynrong khlieh (*skull*) don ka jabieng kaba pynïaid ïa ka engine ka met u briew. Ka long kum ka telegraph office kaba

pdiang ïa ki khubor na ki bynta baroh jong ka met u briew.

Ka kam pdiang bad phah khubor na bad sha ki bynta ka met u briew ka dei ka kam jong ki thied (*nerves*). Kane pat ka pynlong kawei ka system kaba kï khot ka **Nervous System**.

Ïa ka jingbám — kaba long kum ka dewïong ba ái ïa ka kor — dei ban da tylliat shuwa ba yn kit ïa ka sha ki bynta ka met ban bsa ïa ka. Ïa kane ka bynta ki khot ka **Digestive System.**

Nalor kine, ngi ïoh sa ïa ka **Circulatory System** kaba kit ïa ka jingbám ba la tylliat bad la kynshait da u klongsnám lyngba ki thied snám sha ki bynta ka met.

Ka **Respiratory System** pat ka pynkhuid ïa ka snám da kaba ring mynsiem ïa ka lyer khuid kaba don oxygen bad ïa pli bad ka carbon dioxide kaba don hapoh ka met

Don ruh sa kawei pat ka system kaba ki khot ka **Excretory System** kaba ka kam jong ka ka long ban pynmih shabar ïa ki jakhlia jakhlaid napoh ka met u briew.

Mynta ngin peit don aiu ha kine ki bynta (*systems*) jong ka met u briew.

20. — KI BYNTA BA ÏA DEI BAD KI SHYIENG

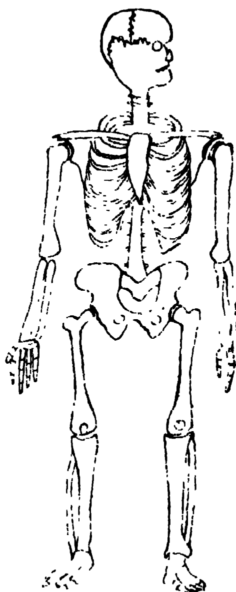
(*Skeletal ne Bony System*)

Ki shyieng ki don sáw jait :—

1. Ki shyieng jrong — kum ka shyieng lbong, pungkjat, ksangkti.
2. Ki shyieng lyngkot kum ki shyieng rit ha ryndang kti.

3. Ki shyieng lyngknap kum ki siangtyrpeng, shynrong khlieh.

4. Ki shyieng bongwung bongweng bad ba tam tluiñ kum ki shyieng búdlum.



Ïa ka rúh shyieng (*skeleton*) la pynbynta pat ha ki sáw bynta :—

(i) Ka shynrong khlieh, (ii) u búdlúm, (iii) ka shyieng shadem bad (iv) ki shyieng kti shyieng kjat.

U búdlum, u long u shyieng uba kyrshán ïa ka met u briew. La pynlong ïa u da ki 33 tylli ki shyieng tam tluiñ kiba ynda la san la rangbah ki man long sa tang 26 tylli namar 9 tylli ki shyieng na sha trai jong u ki ïa long lang noh bad pynlong tang ar tylli ki shyieng.

Ïa ki khynnah skul la ju sneng ïa ki ïa ka rukom shong bad rukom ïeng namar lada kim mlien ban shong ne ïeng beit u búdlum u sniew dur bad pynmih ki jingpang at búdlúm shadien. sha khmat ne kdor sha ki liang.

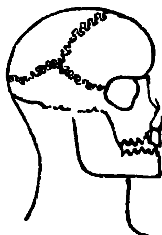
KA SHYNRONG KHLIEH

Ka shynrong khlieh ka don ha khlieh jong u búdlúm bad la bynta ïa ka ha ki ar bynta :—

1. Ka shynrong khlieh.
2. Ka khmat.

Ka kam ka shynrong khlieh ka long ban iada ïa ka jabieng na ki jingmynsáw.

Ki shyieng kiba pynlong ïa ka shynrong khlieh ki don 8 tylli. La pyniasoh ïa ki ha ka rukom kumba pyndait ïa ki bniat jong ki ar tylli ki kurat ne kumba pyndait ïa ki shympriah kti ha kata ka rukom ba kawei ka shympriah jong kawei ka kti kan shong hapdeng ar ki shympriah kti jong kawei pat.



Ki shyieng shynrong khlieh ki long ka shyieng shyllangmat ba khun ryntieh ki ar tylli ki shyieng moi moi, ki ar tylli ki shyieng shynrong, ka shyieng-Jien kaba ïa dait bad ki shyieng shynrong bad sa ar tylli ki shyieng ha trai ka shynrong khlieh ki bym lah ban iohi

Ïa ka khmat la pynlong da ki 14 tyllï ki shyieng bad kiba kham páw bad kongsan ki long :—

(i) Ar tylli ki shyieng khmut kawei kawei sha kawei ka liang ka bynta ka khmut ha shaneng. Ka bynta ba sharum ka khmut ka dei tang ka kyrkhoit.

(ii) Ar tylli ki reng ngáb.

(iii) Ki ar tylli ki tyngam kawei shaneng bad kawei sharum.

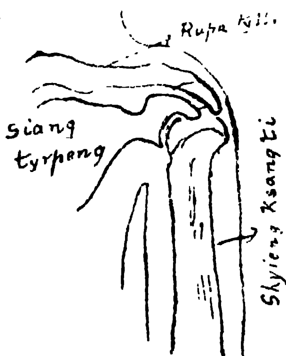
KA RUH SHYIENG SHADEM

Ïa kane ka ruh la pynlong da ki khatar jur ki shyieng krung kiba kawei-pa-kawei ka jur ka dait na ingdong ha ki shyieng búdlúm bad na

sha khmat pat la pyndait ha ka shyieng shadem da ki lyntir doh kyrkhoit. Tang ar jur kiba sharum eh ki bym shym iasoh bad ka shyieng shadem.

KI SHYIENG KTI

Ha ka tduh ba shaneng jong ki shyieng kti don ka panpoh shyieng tyrpeng ha kaba la sdien ïa ki shyieng kti ha baroh ar liang ka met. Ïa kane la pynlong da ki ar tylli ki siangtyrpeng bad ki ar tylli ki rupa-tylli. Naduh tyrpeng haduh tymbuit don iang kawei ka shyieng kaba pyilun na klhieh kum ka ball bad la pynnait ha ka bynta jrong ka siangtyrpeng kaba them kum ka pola.



Na ka tymbuit haduh ka ryndang kti don ar tylli ki shyieng. Ïa ka tduh ba shaneng jong kawei na ki la pyndait kopja ha ka tduh ba sharum jong ka shyieng ksang'ti.

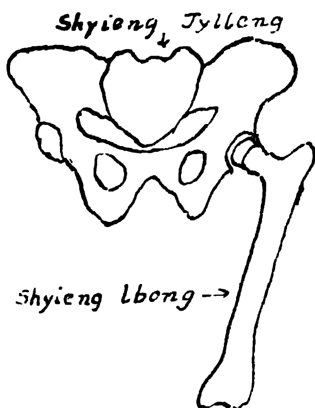
Ha ka ryndang kti don 8 tylli ki shyieng rit Ha ka sla'ti pat 5 tylli kat kum ka jingdon ki 5 tylli ki shympriah kti.

Ha ki shympriah kti don 14 tylli ki shyieng, lái lái tylli ha kawei kawei ka shympriah kti bad 2 tylli ha ka 'ti kmie.

Ka jingdon bún tylli ki shyieng ka pynlah ïa ngi ban khyrwait. pynphai bad khun sha kano kano ka liang. Ngi lah ruh ban khem ïa ki sla'ti.

KI SHYIENG KJAT

Ka jingpynlong ïa kane ka bynta ka shynrong ka met u briew ka long lajan kumjuh kumba pynlong ïa ki shyieng kti. Ka don ka panpoh shyieng jylleng ha trai kpoh, kaba syriem kum ka dabor ha kaba la sdien ïa ki shyieng kjat baroh ar liang bad ïa da ïa ki dkhot met ha sharum ka kpoh.



Ha ka lbong don kawei ka shyieng kaba long kaba khlaiñ tam bad heh tam ha ka met u briew. Ka tduh ba shaneng jong ka ka long kum ka ball kumba long ka shyieng ksangti ïa kaba la thep pyndait ha ka bynta ka shyieng skhep kaba them kum ka pela.

Don ar tylli ki shyieng ha ka pungkjat ïa kiba la pynïadait bad ka shyieng lbong ha ka núb khohsiew.

Ha ryndang kjat don 7 tylli ki shyieng. Kaba kham heh na ki ka pynlong ïa ki shyieng khongpong'jat. Ha sla'jat don 5 tylli ki shyieng bad ha ki shympriah kjat don lái lái tylli ha kawei kawei ka shympriah bad ar tylli ha ka kjat kmie.

21. — KI DOHKSAH

(*Muscular System*)

Ïa kawei ka shyieng la teh bad kawei pat da ki thied 'sailieh (*ligaments*). Nalor ka shyieng pat la tap sa da ki dohksah. Dei da kine ki dohksah ba ngi lah ban rah la ki kti la ki kjat, khih shane shatai, shong, ïeng, ïaid, mareh bad leh ïa kino kino kiwei pat ki kam. Ka kam jong kine ki dohksah, namarkata, ka long ban pynkhih ïa ki shyieng ha kiba ïa ki la pyndait.

Ki dohksah ki don ar jait. Kawei ka jait ka kynthup ïa kito ki dohksah kiba lah ban pynkhih ïa ki kat kum ka jingkwah ka mon u briew. Ïa kiba kum kine ki khot **voluntary muscles,** kum ki dohksah kiba ha ki kti bad ki kjat. Don pat sa kiwei ki jait dohksah kiba shu khih la ka khih hi wat la u briew u mon ne um mon ïa ki ba kin khih. Ïa kiba kum kine ki khot **involuntary muscles** — kum u klongsnam, ka 'nierbah, ki 'nier rit.

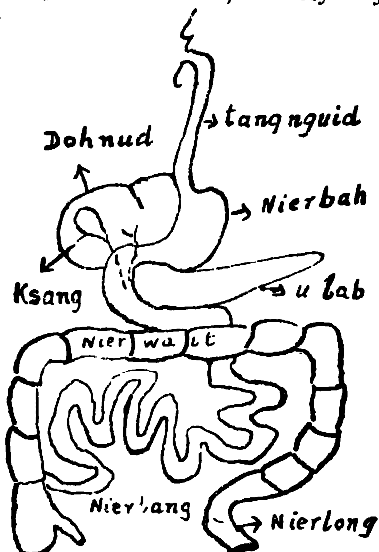
22. — KA JINGTYLLIAT KA JINGBAM

(*Digestive System*)

Ïa ka jingbám ba ngi bám dei ban tylliat shuwa ban sám ïa ka sha ki bynta jong ka met.

Ki dkhot met kiba dei ha kane ka kam tylliat ïa ka jingbam ki kynthup ïa:—

1. Ka shyntur lem bad ki bniat, u thylliej, ka sád shyntur (*palate*), u dohdah, ki dohjem ba pynmih umbiah (*salivary glands*):



2. u pdot;

3. u' tangnguid;

4. ka 'nierbah, u dohnud, u ksang, u láb (*pancreas*), ki 'nierlang, ki 'nierwait bad ki 'nierlong.

Ka jingbám ba ngi bam ka rung shuwa ha ka shyntur. Hangne dei ban ktha bha ïa ka khnang ba kan ïarap ïa ka jingtylliat ïa ka. Ki bniat ki ktha ïa ka jingbam. U thylliej u kalaiñ ïa ka jingbám shane shatai hapoh shyntur ban tylliat ïa ka. U ïarap ruh ban mád bad nguid ïa ka.

Ki dohjem ba pynmih umbiah ki don lái jur, shi jur ki don hapoh u thylliej, shi jur pat sharum u thylliej hapdeng jong u bad ka tyngam ba sharum, shi jur pat ki don ha khmat khap dongkor. Lada kine ki shi jur ba jém khatduh ki at bad pang ka pynmih ka jingpang atmiang. Ïa kane ka jingpang kham shait ïoh ki khynnah.

Ïa ka jingbám ba la ktha bha mynta la nguid sha ka 'nierbah lyngba u pdot bad u 'tangnguid ne 'tangsáw. Ha ka 'nierbah la tylliat pat ïa ka da kaba ïa khleh ne ïa milai lang bad ki um 'nierbah ba ka pynmih na ki kynroh jong ka.

Nangne pat ka jingbám ka leit poi ha ka bynta ka 'nier rit ba harum ka 'nierbah bad hangne la milai pat ïa ka bad ki jor um ba pynmih na u ksang bad u láb (*pancreas*).

Ïa ka jingbám ba la tylliat kaba blt na ka bynta ka jingdonkam ka met la kjit lyngba ki kynroh jong ki 'nierwait bad 'nierlang sha ki thied snám bad sha u dohnud. Ka jingbám ba la kyntait ka mih noh shabar lyngba ki 'nierlang, 'nierwait bad 'nierlong.

U dohnud u long ruh ka thiar kynshew ïa ka jingbám ba la tylliat na ka bynta ka jingdonkam ka met haba donkam. U long u dohjem (*gland*) uba heh eh ha ka met u briew. Dei ma u uba pynmih ïa ka um ksang na u ksang.

Kumta phi ïohi haba ka kpoh kam lah ban tylliat bha ïa ka jingbám na ki dáw ba duna ne ba ym ïa biang ki um jor tylliat jingbám ne bym ktha bha ïa ka, ka tháw jingpang dap lyer, sngewjli, eh kpoh bad kiwei kiwei.

23. — KA JINGÏAID TAWIAR KA SNAM

Circulatory System

Ki dkhot met kiba dei ïa ka jingïaid tawiar ka snám ki long :—

1. U klongsnám.

2. Ki thied snám (*arteries*) kiba kit ïa ka snám na u klongsnám sha baroh ki bynta jong ka met.

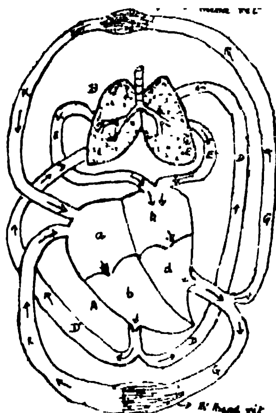
3. Ki thied snám (*veins*) kiba kit ïa ka snám na ki bynta baroh jong ka met sha u klongsnám.

4. Ki thied snám rit (*capillaries*) kiba pynïasoh ïa ki artery bad ki vein.

5. Ka snám hi.

Khnang ba ngin sngewthuh ïa ka jingïaid tawiar ka snám ha ka met u briew ngi dei ban tip kumno u klongsnám u long bad u trei.

U klongsnám u long ha ka dur syriem ïa u soh pear, u shong kham bún shaphang liang kadiang ka shadem halor ka khilon ksah (*diaphragm*) kaba long ka sád kaba pynïakhlad ïa ka kpoh bad ka shadem. U long u dohksah ba long thliew bad u don sáw kamra —ár kamra shapháng liang kadiang bad ar kamra shaphang liang kamon. Ka snám kaba ha ki kamra phang liang kadiang kam lah ban leit tuid beit sha ki kamra phang kamon ne na kamon sha kadiang.



A Klongsnam, B Ki [illegible] a, b, c, d. Ki saw kamra ha u klong snam; C. Ki thied snam kiba [illegible] ia ka snam sha [illegible], D. Ki thied snam kiba kit ia ka snam sha ki [illegible], E. Ki thied snam kiba [illegible] ia ka snam na ki [illegible] sha b, G. Ki thied snam kiba kit ia ka snam na d sha ki bynta ka met.

Ka snám ba la pyndonkam ha ka met u briew ka donkam bún ka carbon dioxide ban ïa ka oxygen bad la wallam ïa ka da ki vein sha u

klongsnám ha ka kamra phang kamon ba shaneng jong u lyngba ki ar tylli ki vein heh. Ïa ka snam na kane ka kamra la kynshait lyngba i thliew sha ka kamra phang kamon ba sharum. Ine i thliew i don jingset ha kata ka rukom ba ka snám na ka kamra rum kam lah ban leit tuid sha ka kamra neng (example: kum ka shrip pynap doh)

Ïa ka snám kaba na kane ka kamra la kynshait lyngba ki artery heh sha ki tor ban pynkhuid ïa ka. Ïa kane ka kam pynkhuid ïa ka snám ha ki tor la leh da kaba pynïapli ïa ka oxygen kaba don ha ki pla lyer kiba pynlong ïa ki tor bad ka carbon dioxide kaba don ha ki thied snám rit ïa kaba la pynmih shabar ha kaba pynhiar mynsiem.

Ïa ka snám ba la pynkhuid la kynshait sha ka kamra liang kadiang u klongsnam ba shaneng lyngba ki vein heh. Ïa ka snám kaba na kane ka kamra la kynshait lyngba i thliew sha ka kamra liang kadiang ba sharum bad nangta la kynshait pat ïa ka sha ki bynta ka met lyngba ki artery. Ine i thliew ruh i don i jingset ha kata ka rukom ba ka snám na ka kamra rum kam lah ban leit phai sha ka kamra neng.

U klongsnám u dei u dohksah. Ka jingran jong u ka kynshait ïa ka snám na ki kamra jong u. Kane ka jingkynshait ka snám na u klongsnám la ïohsngew ïa ka kum ka jingtied u klongsnám. Ïa ka jingkynthih ka snám ba ki thied snám (*arteries*) la ïohsngew ïa ka kum ki pulse.

U klongsnám jong u briew uba shait ba khlain u kynshait snám kumba 72 sien shi minit.

Ha ka snám don ar bynta. Lada jiar ïa ka ngin shem ba la pynïakhlad ïa ka snám ha ki ar bynta, ka bynta ba long um (*liquid part*) bad ka bynta bym long um (*solid part*). Ka bynta ba long um ka long kum ka rong u 'langiap. Ïa kane ki khot ka *Plasma*. Kane ka ïarap ha kaba pynlong 'nám tylli ïa ka snám. Haba kum ot, ka snám ka phlei. Lada khñiot ha ito i jaka ba phlei snám ka snám ka set. Kane ka jingset ïa ka snám ka long ba ka snám ha i jaka ba kum ot ka la kylla 'nám tylli. Ha ka bynta bym long um pat don lái jait ki corpuscle — ki **Red Blood Corpuscle**, ki **White Blood Corpuscle** bad **Platelets**. Kine ki corpuscle ki long kum ki ksah rit kiba pér ha ka snám.

Ki **Red Blood Corpuscle** ki long kiba rit katta katta ba lada yn buh lang ter ter ïa ki haduh 3,600 tylli ka jingjrong kan long tang shi inshi. Ka snám ka ïoh ïa ka rong sáw da ka jingdon kine ki corpuscle. Ha ki la kit ïa ka oxygen sha ki bynta jong ka met.

Ki **White Blood Corpuscle** ki kham heh ban ïa ki Red Blood Corpuscle. Kim dong rong. Ym lah ban ïohi ïa ki da ki khmat hynrei tang lyngba ki ïit pynheh dak da kaba buh ïa ki ha ka ïit (*glass slide*) bad ba la ái rong ïa ki..

Ka kam jong ki ka long ban ïa leh ban pynïap, pynduh ïa ki khñiang jingpang ne bih kaba rung ha ka met u briew. Ki long, namarkata, ki pulit ka met u briew.

Ki **Platelets** ki long kiba kham rit shuh shuh ban ïa ki R.B.C. bad ki ïarap ban set ïa ki thied snám haba ki pei — kum haba thar shiah ne thyrnia.

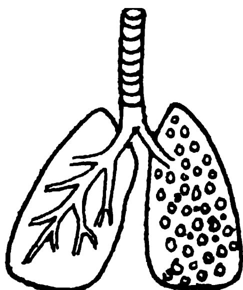
24.—KA JINGPYNHIAR MYNSIEM

(*Respiratory System*)

Khlem ka lyér u briew um lah ban im. Ki dkhot met ba u pyndonkam ha kaba ring mynsiem ki dei —

1. Ki thliew khmut bad u pdot.
2. U ’tangkro (*larynx*).
3. U ’tanglyer (*wind-pipe ne trachea*).
4. Ki ar tylli, ki tyndong (*bronchi*) kiba paitpnat na u ’tanglyer.
5. Ki ar tylli ki tor.

Ki tor ki syriem dur ïa ka khoh ba tap pyllup. Ka trái ba khun jong ki ka shong halor ka diaphragm kumba shong u klongsnám. Ki shong uwei sha kawei ka liang u klongsnám hapoh ka ruh shyieng shadem. La sop ïa ki da ka snieh stang ba phyrnai. Ki ar tylli ki tyndong ba paitpnat na u ’tanglyer ki nang pait shuh shuh ki da pynlong ïa ki tor. Ki tduh kine ki tyndong rit (*bronchi*) ki long ki pla lyer. La pynlong ïa ki tor ha ka rukom syriem ïa u sohprew.



Hamar i jaka ba u ’tangkro u ïa soh bad u pdot don i jingtap doh kyrkhoit iba tap ïa u ban ïa da ïa kano kano ka kynja met ne um ban ïoh rung shapoh ki dkhot met ba ïa dei bad ka kam pynhiar mynsiem. Haba leit jia kumno kumno ba ïoh rung kano kano ka kynja met ne um, leit lád ne jyrhiab.

Ka lyer ba ngi ring mynsiem ka rung lyngba ka khmut sha u pdot, nangta sha u 'tangkro bad 'tanglyer bad nangta sha ki bronchi bad ka leit shaduh ki pla lyer kiba pynlong ïa ki tor. Ka jingsop kine ki pla lyer ka long kaba stang katta katta ba ka lyer kaba ring mynsiem ka sam lyngba sha ki thied snám bad ha kata ka rukom ka ái pli da ka oxygen bad shim noh ïa ka carbon dioxide kaba don ha ka snám ba wan kit da ki thied snám rit na u klong snám sha ki tor ban pynkhuid ïa ka. Ïa ka lyer ba bún carbon dioxide la pynmih noh shabar ka met ha ka por ba pynhiar mynsiem.

Ka lyer ba ngi pynhiar mynsiem ka don ka carbonic acid gas sáw bynta na ka shi spah bynta palat ban ïa kaba ka don ha ka lyer ba ngi ring mynsiem bad ka duna pat san bynta na ka shi spah bynta ka oxygen. Ka lyer ba ngi pynhiar mynsiem ka don ruh kham bún ka jynháw um ha ka.

Ka kam ring ne pynhiar mynsiem ka long ka jingran ki dohksah kiba don hapoh ka rúh shyieng shadem. Ki tor ki ïar bad ki jan syriem kum ka pyrsut. Haba ring mynsiem ka shadem ka ïar namar ïa ki shyieng krung bad shyieng shadem la ring shaneng da ki dohksah bad da ka diaphragm. Ki tor ha kane kajuh ka por ki ïar bad ki kjit ïa ka lyer shapoh. Haba ka shadem ka la dap da ka lyer ki dohksah kiba rah ïa ki shyieng krung bad shyieng shadem ki pyllait noh ia ka jingrah bad ka shadem ka ran sha ka jinglong ba mynshuwa, namar ba ki tor ki long elastic kum ka jri, ka da pynhiar mynsiem ïa ka lyer napoh jong ki.

Haba koit ba khiah ka jingring bad pynhiar mynsiem ka long hapdeng 16 haduh 20 sien shi minit. Ka kham jur haba ngi kilan met ne haba ïoh pangshit.

25. — KA JINGÏARAP ÏA UBA MYNSAW

(First Aid)

First Aid, ka mut ka jingïarap ba ngi lah ban ái ïa uba mynsáw, uba khie pang ne kem pang kyndit katba ym pat poi doctor. Ka jingïarap ba ngi lah ban ái ka long ban kham pynsuk, pyntngen ïa u nongpang, pynduna ïa ka jingmynsáw, pynwan mynsiem pat haba iaplér ne duh mynsiem. U nongïarap u dei ban kynmáw ba um dei u doctor. Kumta ka jingïarap ka kut tang shu poi u doctor. Wat la katta ruh u dei ban da ap katto katne ïoh dang donkam shuh u doctor ïa u.

Kiei kiei kiba donkam ban kynmaw haba ái jingïarap.

1. Pynthanda la ka jong ka jabieng. Long uba jai jai. Wat pynpáw, khamtam ha uba mynsáw, ïa ka jingkyndit ne jinghér mynsiem doctor.

2. Phah sháw kloi kloi dano dano ïa u doctor.

3. Lada don jingmih ne phleisnám jur ïarap shuwa ban set ïa ka snám.

4. Wád ïa ka dáw bad ka jait jingmynsáw, nangta sa rai ha kano ka rukom yn ïarap ïa uba mynsáw.

5. Weng noh ïa ka dáw jong ka jingmynsáw.
6. Pynsyaid ïa uba mynsáw ne pang.
7. Peit bha ba u nongpang u thiah ne u shong ha ka rukom ba u suk ban ring ne pynhiar mynsiem. Lada ka jingpynhiar mynsiem ka sangeh, dei ban ïarap kloi shisyndon ban pynwan mynsiem pat.
8. Wat pynkhih than ïa u nongpang; hynrei ïa leh ban pynsuk ïa u katba lah.

[Ngi ái jingmut ïa ki nonghikai ba kin da pyni kumno ban leh ha kaba hikai ïa ki bynta ba ïa dei bad ka First Aid kum ha kaba ái Artificial Respiration, Bandage bad kiwei kiwei ; bad ban pynmlien, ïa ki khynnah ruh ban leh ïa ki. Kane kan ïarap ïa ki ban kynmáw bad ban nang, ban pyndonkam la ka jingtip ha ka por kaba don kam.]

26.—KABA PYNWAN MYNSIEM PAT HABA IAPLER NE DUH MYNSIEM

(Artifical Respiration)

Lada ka jingring ne pynhiar mynsiem u briew ka sangeh kynsan, ïarap shisyndon ban pynwan mynsiem pat. Ïa kane ngi lah ban leh da kane ka rukom.

1. Pynsynjor ïa ki jaiñ kiba ha ryndang.
2. Pynthiah ïa u nongpang da pyllup bad pynbeit ïa ki kti jong u shaphang khlieh. Pynphai ïa ka khlieh jong u sha kawei ka liang.
3. Dem khohsiew ïa lade ha kawei ka liang da phai khmat shaphang khlieh jong u.

4. Buh ïa ki sla'ti jong phi haneng syngkai, ïa shon ïa shon, ïa pyllait pyllait ïa ki krung antád kumba ring ne pynhiar mynsiem ïa lade.

5. Leh ïa kane haduh ban da wan mynsiem pat.

6. Lada don, pyniw da ki dawaï suh sieng (*smelling salts*).

Ynda la wan mynsiem pat, ái jingdih ïa u nongpang da ka sha, coffee, dud bad kiwei kiwei

27.— KA JINGPHLEISNAM

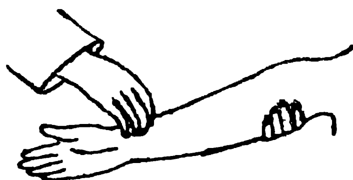
Ngi la pule ha ki lynnong kiba sha khmat kumno ka snám ka ïaid tawiar ha ka met u briew. U klongsnám u kynshait ïa ka snám sha ki bynta ka met u briew lyngba ki thied snám (*arteries*). Kine ki artery ki paitpnat bad nang paitpnat haduh ba ki nang rit nang rit bad ki kylla long ki thied rit kiba pynïasoh ïa ki artery bad ki vein. Ki vein ki long ki thied snám kiba kit ïa ka snám sha u klongsnám.

Ki artery bad ki vein kiba ha ka lbong ryndang bad tyrpeng ki ïa shong markhap. Kumta haba kum ot lah eh ban kum ot ïa ki baroh ar.

Ka snám na u artery ka sáw synyïang. Lada u artery uba hajan ka sniehdoh u mynsáw ka snám ka kynshait kat kum ka jingkhih u klongsnám. Ka snám na u vein ka kham sáw ïong ban ïa ka snám na u artery. Haba kum ot, kam kynshait kumba ha u artery hynrei ka shu tuid suki.

BAN SET ÏA KA JINGPHLEISNAM KABA NA KI ARTERY

Ha ka pungkti — Buh ïa ka sla'ti jong phi na shadien ka ksang'ti ka kti ba mynsáw ha kata ka rukom ba ka 'ti kmie kan shong shabár bad ki shympriah kti kin shong hapoh ka ksang'ti. Nangta sa shon bad khñiot eh da ki shympriah ïa ka ksang'ti pyrshah ïa ka shyieng ksang'ti. Haba phi shem ba ka snám ka set da kaba phi teh kumne, teh pyrkhing ïa ita i jaka.



Ha ka ksang'ti — Buh da i lyngkhot jaiñ ba la kli pyneh hapoh tohtit bad teh skhem ïa i. Ïa ine i lyngkhot jaiñ ba la kli pyneh ki khot **pad**.

Ha ka lbong — Pyndor ïa ka khohsiew ka kjat ba mynsáw. Kham da ki kti baroh ar ïa ka lbong na ka jaka kumba shi inshi harum shyrkait da shon eh da ki 'tikmie baroh ar kawei halor kawei pat hamar pdeng lbong. Buh pád iba heh kat ka ball rit hangta bad teh skhem ïa i.



Ha ki pungkjat bad sla'jat—Shon da ki kti ha ka jaka ba phleisnám. Buh pád hangta bad teh pyrkhing. Lada ka jingphleisnám ka jur buh pád na lynghoh khohwah bad sa pyndor ïa ka khohsiew ba kan ïa dait ha ka lbong sa teh skhem ïa ki.

Ha ryndang — Ka jingphleisnám ha ryndang ka long kaba mynsáw. Namarkata dei ban leit khot kloi ïa u doctor ne rah sha hospital. Kat bym pat ïoh jingïarap na u doctor, shon da ka kti na ka jaka ba phleisnám. Pynsyaid ïa u nongpang bad kynrong ïa ki kjat.

Ka jingphleisnám ka lah ban long na kiwei pat ki bynta ka met kum na ka khmut, shkor, kpoh bad ki tor.

Haba mih 'namsohmut — Pynthiah ïa ka khlieh shadien bad sa kynthah da ka um khriat na ka lyngthohdoh bad buh jaiñ sngem na ka shynrong khmut bad shyllangmat.

Haba mih snam na kpoh — Pynthiah lyndang ïa u nongpang da pynkdor ïa ki khohsiew. Syngkhong kham hajrong ïa ki tyrpeng bad ka khlieh. Wat pyndih ei ei. Lada ka jingmong ka la jur bad ba la mih ki snier shabar, leh kumjuh kumba la ong haneng tang ba wat pyrshang thep ïa ki snier shapoh, kata ka long ka kam u doctor. Kaba lah leh ka long ban shu tap ïa ka jaka ba mong da ka jaiñ sngem kaba khuid ba la wieh ha ka um khluid ba la khleh mluh ba ba la khyrwait bha. Pli ïa kane ka jingtap man la ka 15 minit.

Haba mih snam ka shkor hadien ka accident ka pynpáw kham búnsien ba ka shynrong khlieh ka la pait. Wat set ïa ki thliew shkor hynrei shu tyngkhap da u kynphad rkhiang. Leit khot doctor ne leit rah ïa uba mynsáw sha hospital.

Teng teng ngi shem ba prie ne jyrhoh da ka snám. Ka rong ka snám haba u prie ka kham

ïong ban ïa kaba u shu jyrhoh. Ïa kane, dei ban pynthiah khop ïa u nongpang bad rah bran bran ïa u sha hospital. Wat pyndih ei ei.

Haba ka jingphleisnam ka dei na ki vein kiba ha ki kti ne kjat shu teh na ka phang ba phleisnám kaba jngai na u klongsnám.

Kiba donkam ban kynmáw ha kaba ïarap ïa ka jingmynsáw kaba don bad ka jingphleisnám ki long :—

1. Buh ïa u nongpang ha ka jaka kaba bit, da kynmáw ba ka snám ka duna ka jingmih haba u shong bad kham duna shuh shuh haba u thiah.
2. Kynrong ïa ka jaka ba phleisnám lada ym don ei ei kaba kheiñ,
3. Láw noh ïa ki jaiñ kiba donkam ban láw.
4. Wat pynkhih lada ka snám ka lang ha ka jaka ba mong.
5. Weng noh ïa kino kino ki kynja met kiba bit ha kaba mong kiba lah ban ïohi bad weng.
6. Pyrshang set ïa ka snám.
7. Tah da kano kano ka dawai pyniap khñiang.

28.— KA RUKOM BAN TEH IA KABA MYNSAW

Ban tip ïa ka rukom ban teh bandage ka long kaba donkam bad myntoi shibún. Ka long kawei na ki lád ba ngi lah ban kham pynsuk ïa uba mynsáw.

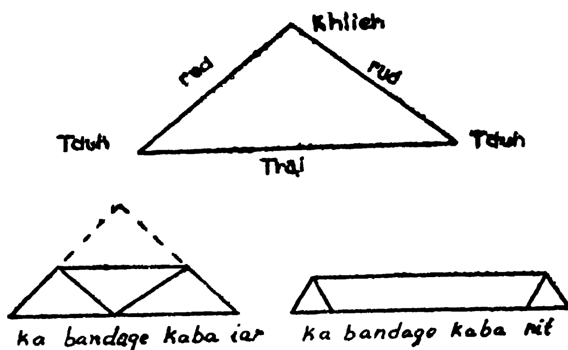
Ki bandage ki don ar jait ;—

1. Ka bandage ki lái dong (*Triangular Bandage*);
2. Ka bandage lynter (*Roller Bandage*).

KA BANDAGE LAI DONG

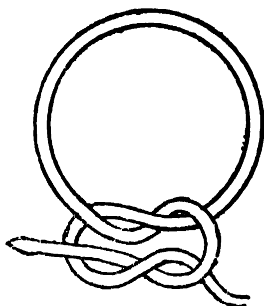
(*Triangular Banpdage*)

Ha kaba ái first aid, kane ka jait bandage ka long kaba ngi kham pyndonkam bha. Lah ban shna ïa ka da kaba ot pyngkiang na kawei ka dong sha kawei pat ïa ka jaiñ kaba shi kot sáwdong. Ki bynta jong ka bandage lái dong ki long ka khlieh, ka trai bad ki ar tylli ki tduh ka trai.



Lada ngi khylliap shi khylliap ïa ka bandage lái dong kumta ba ka khlieh kan shong hapdeng ka trai ngi ïoh ïa ka bandage kaba ïar (*broad fold*). Lada ngin khylliap shuh shuh, ngin ïoh ïa ka bandage kaba kham rit (*narrow fold*).

Haba syrdoh ïa ki tduh jong ki bandage lai dong dei ban syrdoh da u **Reef Knot**. Ïa u syrdoh barobor dei ban buh ha ka jaka ban ym shon ïa ka doh.



Ïa ka bandage lái dong lah ban pyndonkam ha kaba teh sling, kata kum haba kyrshán ne pynsdien ïa ka kti ha ka tyrpeng. Ban leh ïa kane, buh ïa kawei ka tduh bandage ha ka tyrpeng ka bym mynsáw, da kham pyntam shadien. Pynháp ïa ka bandage ha shadem ha kata ka rukom ba ka khlieh bandage kan shong hadien ka tymbuit, kaba mynsáw. Pyndor matang ïa ka kti ha ka tymbuit bad buh ïa ka hamar pdeng ka bandage. Shim ïa ka tduh kaba sha kjat bad rah ïa ka shaneng ban teh lang bad ka tduh kaba ha ryndang. Ring ïa ka khlieh bandage sha khmat bad sa pyndait pin. Peit ba ki shympriah'ti kin tam khyndiat ïa ka bandage. Lada ki jngem, dei ban kham pynsynjor ne loit noh ïa ka bandage. Ïa kane ka rukom teh ki khot ka **Large Arm Sling**. Lah ruh ban shu pynsdien tang na ryndang kti, da kaba leh kumba la ong haneng, da ka bandage kaba la khylliap rit. Ïa kane pat ki ong ka **Narrow Arm Sling.**

St. John's Sling — Kane ka long ka rukom teh pynsdien ïa ka kti haba kheiñ u rupa-tylli. **Pynkhun ïa ka kti jong ka liang ba mynsáw bad buh ïa ka ha shadem ha kata ka rukom ba**

ki shympriah kti kin kdew shaphang ka tyrpeng ka bym mynsáw. Da ka bandage lái dong tap na jrong ka kti ha kata ka rukom ba kawei ka tduh kan tap haduh tyrpeng, ka khlieh bandage kan háb shaphang tymbuit bad kawei pat ka tduh kan háb sha kjat. Ïa ka trai jong ka bandage, tyngkhap bha shapoh. Sa shim ïa ka tduh ba sha kjat bad ring ïa ka na sha met bad sa teh syrdoh lang bad ka tduh kaba ha tyrpeng. Tyngkhap bha ïa ka khlieh bandage.

Haba teh bandage ïa ka khlieh — Khylliap hem na trai jong ka bandage lái dong kumba ar ne lái kti. Ïeng ïa lade na shadien bad sa buh ïa ka bandage hamar shyllangmat bad ring ïa ki tduh shadien hamar neng ki shkor. Kyllain pyllun biang ïa ki tduh baroh ar sha khmat bad sa teh syrdoh ha shyllangmat. Khyllie pyrdet shaneng ïa ka khlieh bandage kaba tam shadien bad sa pyndait pin ha shynrong khlieh.

Kaba teh ïa ka tyrpeng — Khylliap hem khyndiat ïa ka bandage na trai. Buh ïa ka ha ka tyrpeng ha kata ka rukom ba ka khlieh bandage kan kdew shaphang ryndang. Kyllain ïa ki tduh ka trai bandage ha ka ksang'ti bad sa teh syrdoh. Da kawei pat ka bandage teh Arm Sling. Khylliap ïa ka khlieh jong ka bandage kaba nyngkong da tap bha ïa u syrdoh Arm Sling; sa pyndait da u pin.

Kaba teh ïa ka tymbuit — Pynkhun matang ïa ka tymbuit. Khylliap hem khyndiat na trai jong ka bandage. Buh ïa ka bandage ha tymbuit ha kata ka rukom ba ka trai bandage kan shong ha ka pungkti bad ka khlieh kan shong

shaphang ksang'ti. Pynïapom ïa ki tduh bandage ha khmat ka tymbuit bad sa kyllaiñ ïa ki ha ka ksang'ti bad syrdoh haneng tymbuit. Khylliap ïa ka khlieh bandage sharum ha kata ka rukom ba kan tap ïa u syrdoh bad sa pyndait da u pin.

Kaba· teh ïa ka shadem — Buh ïa ka bandage lái dong ha shadem ha kata ka rukom ba ka trái bandage ba la khylliap hem khyndiat kan shon shaphang syngkai bad ka khlieh bandage sha tyrpeng. Ring ïa ki tduh baroh ar shadien bad teh syrdoh ïa ki da kham pyntam ïa uwei u tduh khnang ban dup ïoh teh pat bad ka khlieh bandage. Lada dei ban teh bandage ïa ka met, leh kumjuh tang ba buh ïa ka bandage na sha met.

Kaba teh ïa ka ryndang ktï — Buh ïa ka sla'ti ha ka bandage lái dong ba la khylliap rit. Ring ïa ki tduh baroh ar shadien da pyllait noh ïa ka 'ti kmie. Pynïapom ïa ki bad sa kyllain ha ryndang kti bad ka pungkti da syrdoh artat hangta.

Kaba teh ïa ka kti — Buh ïa ka sla'ti halor ka bandage lái dong ba la khylliap hem na trái ha kata ka rukom ba ka trái bandage kan shong ha ryndang kti bad ka khlieh bandage ha ki shympriah'ti. Shim ïa ka khlieh bandage bad khylliap pyngkhoh sha ryndang kti. Kyllain bandage sáwdong ïa ka ryndang kti bad sa syrdoh hadien ka ryndang kti. Khylliap biang ïa ka khlieh bandage da tap bha ïa u syrdoh bad sa pyndait da u pin.

Kaba teh ïa ka skhep — Teh da ka bandage lái dong ba la khylliap rit ïa ka syngkái da teh ïa u syrdoh shaphang ka liang ba mynsáw. Shim sa da kawei ka bandage lái dong bad bsuh ïa ka khlieh bandage hapoh ka bandage syngkai, da tap bha ïa u syrdoh bad sa pyndait pin. Khylliap hem na trai bandage bad kyllain ïa ki tduh ha lbong, sa teh syrdoh ha ka bynta kaba shabar jong ka lbong.

Kaba teh ïa ka khohsiew — Leh ïa kane ha kajuh ka rukom kumba teh ïa ka tymbuit, tang ba pynïapom ïa ki tduh lynghoh khohwah.

Kaba teh ïa ka ryndang kjat — Kaba teh ïa kane ka bynta ruh ka syriem kumba teh ïa ka ryndang kti. Buh ïa ka sla'jat ha ka bandage lái dong ba la khylliap rit. Ring ïa ki tduh sha jrong ha ryndang kjat. Pynïapom ïa ki bad ring pat sha khmat. Pynïapom biang bad kyllain sha sla'jat haduh ba kin da lyngkot. Sa teh syrdoh.

KA BANDAGE LYNTER

(*Roller Bandage*)

Kine ki bandage ki long kiba jrong ka lynter kumba katto katne kot ba la kyllaiñ pyllon. Ka kynïan jong ki ka ïa phér. Don kiba shi inshi, ar inshi shiteng, lái inshi bad sáw inshi ka kynïan. Ïa ki bandage kiba shi inshi ka kynïan la pyndonkam ha kaba teh ïa ki shympriah kti ne kjat. Ïa kiba ar inshi shiteng pat na ka bynta ka khlieh. Kaba lái inshi pat na ka bynta ki kjat bad sáw inshi pat na ka bynta ka met.

Ki jingdonkam ba kham kongsan eh jong ka Bandage lynter ki long ban pynneh ne pynskhem ïa ki khnap (splints) bad ïa ki jingtah dawai (*dressing*) ha ka jaka, ban kyrshán ne pynskhem ïa kaba kheiñ khylliah ne lait doh, ban ïa da ruh ba kan ym sieb, ban ïa da ruh na ka jingphleisnám, kum haba dang shu lah puid bad kiwei kiwei.

29.—KABA KHEIÑ SHYIENG

Ka shyieng haba ka kheiñ ka lah ban shu kheiñ beit ar lyngkhot ne ka lah ban kheiñ bad pei lyngba ïa ka doh ne ka lah ban kheiñ bad pynmong artat ïa ki dkhot met ba shapoh u briew. Nalor kine, ka shyieng ka lah ruh ban shu pait sapied ne lwet ne ka lah ruh ban long ba ki shyieng ki ïa tyngkhuh bad ïa rung para shyieng.

Ha ki khúnlung bad kiba dang rit ka shyieng kam dkut ar lyngkhot shisyndon hynrei ka shu or-pait bad khun.

Ki dak ki shin haba kheiñ shyieng — Ka suh ka thar ha ne hajan ka jaka ba kheiñ. Pang haba shon ne ktah na ka jaka ba kheiñ. Ka at ka sieb. Ym lah pynkhih kumba dei ban pynkhih ïa ka bynta kaba kheiñ. Ka bynta kaba kheiñ kam wan dur shuh. Teng teng haba ka bynta kaba kheiñ ka don hajan ka sniehdoh lah ban ïohsngew ïa ka jingriew khrak khrak ki shyieng haba pynkhih ïa ki.

Haba la thikna ba dei kaba kheiñ, ym dei ban pynkynriah jaka ïa u nongpang, lait noh sa

tang haba don kiwei pat ki dáw kiba lah ban pynmynsáw ïa u, kum ka ding, ka ïing kaba lah ban kyllon bad kiwei kiwei. Lada don jingmihsnám ne phleisnám pyrshang set shuwa ïa kata. Kyrshán pynskhem ïa ka bynta kaba kheiñ ba kan ym khih. Da kaba leh kumta ka ïa da ïa ka jingmynsáw ba kan ym kham jur. Teh bandage skhem ba kan ym khih. Kynmáw ba ym dei ban teh skhem than kat haduh ba kan khang pynban ïa ka jingïaid tawiar ka snám. Ki khnap (*splints*) haba donkam ban ái ki dei ban long kiba eh, jrong bad lyngknap. Dei ruh ban da sop bha ïa ki khnang ba kin dait sbiak ha ka met. Lah ban shna khnap da kino kino ki tiar kiba eh, jrong bad lyngknap. Lada ym lah ban ïoh da kiba la shna, lah ban pyndonkam da ka shatri, u diengduh, u lathi pulit, kot rben ne kotsada ba la pyneh ne kino kino ki tiar kiba bit bad lah ban ïoh.

Lada ka jingmong ka at ka sieb hadien ba la teh bandage kat ban pynpyrkhing ïa ka bandage, pynsynjor shisyndon ïa ka jingteh.

Haba mynsáw ne pait ka shyieng khlieh — Pynthiah ïa uba mynsáw da syngkhong bha ïa ka knlieh bad tyrpeng kham hajrong da ka syngkhlieh ne blanket. Shán ïa ka khlieh u nongpang na baroh ar liang ba kan ym khih. Kynthah um khriat ïa ka khlieh tang ba wat pyndei sha ba mong.

Haba kheiñ u rupa-tylli — Haba kheiñ u rupa-tylli ka kti ka noh kyrweb. Dei namarkata, ban kyrshán shuwa ïa ka dano dano. Lada tang uwei u rupa-tylli u kheiñ, uba mynsáw hi u lah

ban ïarap ban kyrshán ïa ka. Loit noh ïa kino kino kiba pynwit kum ka coat, u brace bad kiwei kiwei. Teh bandage ïa kawei-pa-kawei ka tyrpeng. Bsuh ïa ka bandage na pohtit bad sa syrdoh skhem shadien. Teh lang ïa kita ki bandage na shadien, da ring skhem bha. Kyrshán ïa ka kti na ka liang ba kheiñ u rupa-tylli da ka St. John's Sling.

Lada jia ba **kheiñ baroh ar ki rupa-tylli,** leh kumjuh kumba phi leh haba kheiñ tang uwei sa buh ïa ki kti baroh ar ba kin ïa pom pyngkiang ha shadem. Pynpiam bandage ïa ka met bad ïa ki ksang'ti bad sa syrdoh ïa ka harum ki ryndang kti.

Lada kano kano **ka bynta jong ka kti ka kheiñ,** loit da kaba sumar ïa ka coat. Khun ïa ka kti shaphang shadem bad sa teh sling. Lada ym lah ban pynkhun ïa ka kti, pyndait ïa ka bad ka met sa teh pynskhem ïa ka bad ka met da tyngkhap jaiñ ban ym shon bad ba ka kti kan shong beit shi jaka.

Lada kano kano **ka bynta jong ka kjat ka kheiñ tang shiliang,** pyrshang ban ring mian mian ïa ka bad pyndait bad ka kjat ka bym shym kheiñ. Tyngkhap jaiñ ha ryndang kjat bad sa teh skhem baroh ar tylli ki kjat da ka bandage. Tyngkhap jaiñ shuh shaneng bad ha khohsiew, sa teh biang ïa baroh ar tylli ki kjat. U syrdoh jingteh u dei ban shong sha ka liang ka kjat ka bym shym kheiñ. Teh ruh sa kawei ka bandage haneng bad kawei harum ka jaka ba kheiñ.

Lada baroh **ar tylli ki kjat ki kheiñ,** ring suki suki ïa ki kjat bad pynïadait ïa ki baroh ar.

Buh khnap ba la sop pynjem bha hapdeng jong ki kjat. Teh ïa ki ryndang kjat kumba la ong haneng. Buh khnap na sha kawei-pa-kawei ka liang jong ki kjat bad sa teh pynskhem da ki bandage.

Haba khein khylliah, teh skhem da ka bandage kaba jhieh. Lada dei pat ba khloit ka shyieng, pynshong ne pynthiah ïa u nongpang ha ka rukom ba un suk. Wat leit pyrshang ban thep biang ïa ka shyieng kaba khloit. Ka khloit shyieng ka kham jia ha ka tyrpeng, tymbuit, shympriah bad tyngam. Lada dei ha ka tyngam, teh ban kyrshán ïa ka ba kan ym khih,

30.—KABA ÏOH BIH

Ka bih ka rung ha ka met u briew da kaba ring mynsiem, da kaba dih ne da kaba sam ïa ka sniehdoh.

Lada u briew u ïoh **bih da kaba ring mynsiem** bad kata ka pynduna ïa ka jingring bad pynhiar mynsiem dei ban ái mynsiem (*artificial respiration*).

Lada **dei da kaba shu dih,** kaba bha eh ka long ban pyndih da ka dud. Lada ym lah ïoh dud, ái da ka um. Ym dei ban pynprie ne ái julab. Phah sháw kloi ïa u doctor.

Kaba ïoh bih da kaba sam ïa ka sniehdoh ka lah ban long ha kiba bún rukom—kum kaba puh bseiñ, dait khñiang, sam da ki thyrnia don bih bad kiwei kiwei.

Lada puh bseiñ na ka jaka ba lah ban teh kum na ka kti ka kjat, teh skhem shisyndon ha kata ka rukom ba ka snám kan ym lait ban leit sha u klongsnám. Nangta sa kjup da ka shyntur ha ka jaka ba mong da biah noh ïa ka snám shabar. Ym bit ban nguid. Lada don jingmong ei ei ha ka shyntur ym bit ban kjup ïoh kan pynmynsáw pynban. Lah ruh ban shu puid pynïeng ïa ka jaka ba u puh da ka tari ne kano kano ka tiar kaba nep. Bér da u Potash Permanganate da kyrshut artat bad sa teh. Pynsuk, pynsyaid bad pyntngen ïa u nongpang. Ai jingdih kum ka sha, dud bad kiwei kiwei. Ym bit ban ái kiad.

Lada u puh na ka jaka bym long teh, shu kjup da ka shyntur bad bér da u Potash Permanganate da kyrshut artat. Wat leit ot ne puid.

Ka rukom sumar haba **shah dait' ñianglartham** ruh ka long kumjuh kumba sumar haba puh bseiñ. Ka bih 'ñianglarthám ka shong hajan tdong. Ka long kaba sniew shibún.

Haba **shah dait ksew, miaw** ne ha kino kino ki mrád, sait pynkhuid ïa ka jaka kaba mong bad sa tah da ka Iodine. Lada dei ka mrád lamwir, leit ïalam shisyndon sha Kasauli.

Haba **shah kynthah ngap**, pyrshang shuwa ban sei ïa ka sni, sa tah da ka Ammonia, Iodine, Spirit ne ka shun.

Haba **treng 'ñiangñiuh** dei ban weng shisyndon ïa ki treng khñiang. Lada ki la bún eh shu kyrshut ha u shñiuh, sa tah da u 'ingmakhir ne ka shun.

31.— KABA ING DING NE PDUNG

Ngi ing na ka ding ne na ki dawai thang (*corrosives*) ne na ka electric. Haba sied um thnam, umphniang, khleiñ, khluit ne haba jynháw um thnam ka pdung.

Haba **ing ding**, ym dei ban pyrshang láw ia ki jaiñ hynrei dei ban tap ïa ka bynta kaba ing da ka jaiñ kaba khuid. Sop bad teh malu mala. Pynsyaid ïa u nongpang bad ai jingdih ïa u shibún.

Haba **thang ki dawai** kum ka acid ne alkali, sait ïa kata ka bynta da ka um kaba syaid.

Haba **kem ding ki jaiñ**, ym dei ban mih shabár bad hér kylleng. Ym bit ban ïeng. Lada ym don nongïarap, shu tyllun ïa lade ha madan bad tap-op ïa lade daei-daei haduh ban da lip ka ding. Lada don nongïarap hajan, u dei ban shim da ka jaiñ kaba heh kum ka rajai, rug, coat bad tap khlup ïa uba ing baroh shi rynïeng ba yn ym lait lyer. Ha kajuh ka por ruh pynthiah shisyndon ïa u ha madan. Ynda la lip ka ding, sa leh kumba la ong haneng, kata, kum haba ing ding.

Haba **pdung** ruh dei ban leh kumjuh kum haba ing ding. Ngi dei ban kynmáw ba ngim dei ban pynpait ïa ka jingpdung. Lada ka jingpdung ne jinging ka la jur than dei ban shu pdem noh ïa kata ka bynta ha ka um syaid ba la khleh mluh haduh ban da poi u doctor.

Ha ki shnong sor ha kiba don electric ngi ju shem bad ïohsngew ba ki briew ki shait **shah bat electric** (*electric shock*). Kane ka long kaba mynsáw shibún bad ka lah ruh ban pynïap duh ïa u briew. Namarkata dei ban ïarap kloi ban pyllait ïa u. Ha kajuh ka por ruh dei ban husiar ban ym shah bat kylla sa ïa lade. Haba ngi ïarap ban pyllait ïa uba shah bat electric ngi dei ban kynmáw ba ka don ka ding electric ha ka met jong u bad ba ki kynja ba jhieh bad sngem baroh ki long ki nongrah (*conductor*) ïa ka ding electric (*current*).

Ban pyllait ïa u briew na ka jingbat jong ka electric, ngi dei nyngkong eh ban pynlip noh ïa ka ding electric, lada lah. Lada ym lah ban leh ïa kane, sop ïa la ki kti da ka jingsop kti jri bad ïeng ha ka jaka ba rkhiang kham pajih na uba mynsáw. Shim da kano kano ka tiar kaba rkhiang kum u diengduh, woh da u bnoh diengduh ïa uba mynsáw bad sa tán ïa u. Ka shatri ka long kaba ma ban pyndonkam ban pyllait ïa uba mynsáw, namar ba ki nar shatri ki long ki nongrah ding electric (*conductor of electric*).

U briew, ynda haba la pyllait ïa u na ka jingbat ka electric, um tipbriew bad ka jingring bad pynhiar mynsiem jong u ka duna. Dei ban ái artificial respiration shisyndon, kumba la batai sha khmat. Nalor kata kaba ing na kaba thang ka electric ruh ka long kaba mynsáw wat la ka long kaba rit ruh. Sumar ïa ki jaka ba ing kumba la ong sha khmat.

32.— KABA IAPLER IAPJYLLOP

Ha ki jaka ba bún briew bad bym ïoh lyer bha ne jur eh ka tdem, ki briew ki lah ban iap-op. Ïa u briew uba **iap-op** dei ban rah shisyndon shabar sha ka jaka ba ïoh lyer bha. Loit ne pynsynjor shisydon ïa ki jaiñ khamtam kiba ha ryndang. Ynda u la kyndit bynriew sa ái jngdih kum ka sha, coffee.

Ka jingiaplér ka lah ban long na shibún ki dáw, kum ka jingthait eh, jingkyndit, jingtieng, duna bám bad kiwei kiwei. Haba ïaplér namar ba duna bám ki ong iap-tyrsáw. Ïa u briew uba iaplér dei ban pynthiah ha ka jaka ba ïoh lyer bha bad da kham rah ïa ki kjat jong u ha jrong. Loit ne pynsynjor ïa ki jaiñ khamtam kiba ha ryndang. Wat shah ïa ki briew ban ïa lang sáwdong. Pynsma da ki dawai suh sieng (*smelling salts*). Ynda u la tipbriew sa ai jingdih.

Kaba iapjyllop — Haba ïarap ne sumar ïa uba ïapjyllop dei ban kynmaw ba ym bit ban pynlehnohei ïa ka por wat shikhyllipmat ruh; u briew u lah ban im tang ha ka shikhyllipmat bad u lah ban iap duh ruh tang ha ka shikhyllipmat. Kumta tang shu lah sei ïa u shabar rah harúd ha ka jaka ba tngen bad ái artificial respiration shisyndon.

Kaba pangring bad pangbhur — Haba u briew u ïoh pangring ne pangbhur dei ban rah ïa u shisyndon sha ka jaka ba kham tngen. Loit ne pynsynjor ïa ki jaiñ. Wat ái jingdih ei ei. Buhrieh noh ïa ki tiar kum ka wait bad kiwei kiwei da kiba u nongpang u lah ban pynmynsáw

ïa lade ne ïa phi. Pyrshang ban ym ái lád ïa u ba un dait bniat da kaba buh da ka shamoit, u let ne dieng ba la sop da ka jaiñ kaba khuid hapdeng ki bniat jong u. Kane kan ïarap ba un ym ïoh dait ïa u thylliej. Lada mih tyrtho ñiad noh ïa ka. Ym bit ban iehnoh ïa u marwei.

Haba **thngiat,** pied ïa ka khmat bad weng ïa u da i dong rumar iba khuid ba la jyrthiaw. Ne shu pynpeit ha ka um.

Haba **rung skaiñ ne khñiang hapoh skhor,** theh ne pynjáw da ka glycerine ne umphniang. Lada sahkut ki dieng ne kiei kiei kiwei pat wat leit pyrshang ban sei ïoh kum pynpait pynban ïa ka ksing. Ïalam shisyndon sha u doctor.

Haba **jnang shiah,** lada ym lait da kaba nguid ja tylli, leit lam sha u doctor.

33.— KABA SUMAR PANG HA ÏING

Haba don ba pang ha ïing kaba bha tam ka long ban pynkynriah ïa u nongpang sha ka kamra kaba kyrpang. Kane ka pynsuk ïa u nongpang bad ka ïa da ïa kiwei pat kiba ha ïing ban kem pang. Ki jingpang kum ka atmiang, diptheria, cholera, consumption, 'ñiangthylliew ki long kiba ïa bit eh. Dei eh namarkata ban pynkyrpang ïa uba ïoh pang na kine.

Ka kamra thiah pang — Ka kamra thiah pang ka dei ban long kaba kylluid, khuid, shai, jar jar bad ïoh lyer bha. Ka lyer khuid ka long ka dawai kaba donkam eh ïa u nongpang.

Ki kjat sngi ki pyniap ïa ki khñiang jingpang bad ki ïarap ban pynkoit. Ka kamra thiah pang ka dei ruh ban long kaba dei sngi bha. Lada ka jingshai ka pynshitom ïa ki khmat u nongpang, lah ban wah pyrda ïa ki jingkhangbah ne jingkhang ïit ba wan jingshai.

Ka kamra thiah pang ka dei ban long kaba syaid kaba lah ruh ban pynshit pynkhriat kat kum ka jingbit ne jingdonkam u nongpang. Ha ka por tlang ka bha ban jied ïa ka kamra ba don atoskhana.

Ïa ki jingbuh jingsat baroh ki bym donkam na ka bynta u nongpang dei ban weng noh. Kiba dei ban don ha kamra thiah pang ki long tang ka jingthiah, shylliah rit ban siang harud jingthiah, ka miej, ka shuki jem ban shongthait ka nongsumar pang, ka almari rit buh jingbám nongpang kaba la da bha ïa ki skaiñ ba kin ym ïoh rung, ka almari buh dawai, ki dawai dashin bad kiwei kiwei ki tiar ba don kam ha kaba sumar pang.

Shu ñiad da ka jaiñ sngem haba sár ïa ka kamra. Kaba sár da u synsár ka pynkhie ïa u pui pui bad hadien katto katne por u shong biang hajuh.

Ka jingthiah nar ka long kaba khuid tam. Buh ïa ka jingthiah harud jingkhangïit, wat pynsyndait ha kyndong ne wat buh ha pyrshah ka jingshai kaba wan na ka jingkhangïit ne jingkhang bah.

Ban siangthiah leh kumne :—

1. Siang kawei ka jaiñ siangthiah kaba heh nalor ka tusok kaba skhem bad jem bad da tyngkhap bha shapoh tusok.

2. Hamar pdeng jingthiah siang sa da ka jaiñ jri (*mackintosh*) kaba heh kumba shi kot sáwdong nalor ka jaiñ siangthiah.

3. Nangta sa tap ne siang nalor da kawei pat ka jaiñ siang kaba kham heh khyndiat ïa ka jaiñ jri. Da tyngkhap bha shapoh tusok.

4. Tap sa kawei ka jaiñ siangthiah nalor. da tyngkhap skhem shapoh tusok na sha kjat jingthiah da pyntam katto katne na sha khlieh ban ïoh khylliap pat shalor ki nep kup thiah.

5. Sop ïa ki syngkhlieh.

6. Teh musari, lada donkam.

Ban ñiad um ïa u nongpang hapoh jingthiah :—

Ïa kane dei ban leh mynstep ha shuwa ban bám lane shi kynta palat hadien ba la lah bám.

Pynkhreh shuwa ïa kiei kiei baroh kiba donkam bad khmih ban ym don kano kano ka ban da leit wád pat hapdeng ba pynsum.

Siang da ka blanket hapoh u nongpang kumba phi siang jaiñ siangthiah; tap sa kawei pat nalor bad sa pynláw jaiñ.

Sdang ñiad um na ka khmat, ki shkor, ka ryndang, ki kti, ka shadem, ka kpoh, ki kjat ter ter. Pynphai pyrshing ïa u nongpang bad sa ñiad um ïa ka ingdong, ki siang tyrpeng bad khongtoi. Ñiad rkhiang ïa ki bad sa kyllán spirit de.

Haba ñiad um ïa ki bynta jong ka met ter ter kumba la ong haneng, tyngkhap da ka towel hapoh ka bynta ban ñiad um khnang ba ka blanket kan nym jhieh. Ñiad rkhiang ïa kawei-pa-kawei ka bynta shuwa ban sdang ïa kawei pat. Pli um hadien ba la dep ñiad um ïa ka met bad haba la dep ñiad um ïa ki kjat. Ïa ki sla'ti bad ki sla'jat lah ban wieh hapoh dabor. Pynkhuid bha ïa ki bniat bad ki tyrsim bad pynsád ïa u shñiuh.

Kaba buh jingkynmaw — Thew jingshit (*temperature*) man ka step bad man ka janmiet, bad buh jingkynmaw ha ka chart ïa ka por, jingshit, pulse, jingring bad pynhiar mynsiem, jingïohthiah, dawai ba ái, jingleit khyndew, pynjhieh, prie, jingbám ba la ái bad katno la ái.

Haba thew jingshit pynkbum ïa i tduh u tiar-thew-jingshit (*thermometer*) uba don mercury ba in shong hapoh u thylliej. Ïeh ïa u hangta kumba shi minit. Nangta sa shim noh ïa u bad peit katno don jingshit. Ynda la dep sa wieh ïa u thermometer khamtam ïa ka bynta ba kbum u nongpang ha ka um dawai ban pyniap ïa ki khñiang jingpang kiba lah ban bit ha u thermometer.

Jingbám — Ki tiar ái jingbám nongpang ki dei ban long kiba khuid bad kiba la pynkyrpang na ki tiar shet tiar tiew, tiar bám tiar dih ba pyndonkam ïa kiba ha ïing.

Ka jingbám u nongpang ka lah ban long kawei na kine ki rukom — kat kum ka jait jingpang bad jingbthah u doctor.

1. Ka jingbám um — kum ka syrwa, sha, dud, umshitja bad kiwei kiwei.

2. Ka jingbám jem — kum ka ja jem bad kiwei kiwei.

3. Ka jingbám kaba kham eh — kum ka ja kaba kham eh tang ba kaba la shet bha.

Ïa ka jingbám dei ban shu pynshit ïa ka. Ym dei ban shet pat. Ka jingbám ka dei ban long kaba khuid bad ba la buh ha ki khiew kiba khuid bad ba la tap bha.

Ka dud ka long ka jingbám kaba bha eh hynrei la pynsniew ïa ka da kaba khleh um, ata, shim noh ïa ka malai ne da kaba khleh bad ka dud ba khem janmiet ïa kaba la shim noh ïa ka malai bad ka dud ba khem mynstep.

Ïa ka dud dei ban da shet bha khnang ban pyniap ïa ki khñiang jingpang kiba lah ban don ha ka.

Dawai — Ïa ki dawai dashin dei ban buh ha iwei pat i almari i bym lah kot ki khynnah ne khúnlung. Ïa ki dawai bih dei ban buh kyrpang na kiwei pat ki dawai, da tah label kaba la thoh shai ban ym bakla. Ym dei ban ái ne shim ïa ki dawai haba dum. Peit bha ïa ka jingthoh ha ki bilor dawái shuwa ban ái. Ïa ki bilor dawái baroh dei ban set bha ba kin ym lait jynháw. Haba ki lait jynháw ka pynduh bor ïa ki.

Pynïoh katto katne u kynphád, ki jaiñteh (*bandage*), u tiar-thew-jingshit, u buiam ne pla jri thep um khluit, i klad dawai, ki dawai pyniap khñiang jingpang.

Ka jakhlia u nongpang — Ïa ka jakhlia jakhlaid u nongpang dei ban tep, thang ne pdeng ha ka um dawai pyniap khñiang. Ïa ki jaiñ ki nep ruh da pdem dawai shuwa ban sait ïa ki. Katba ioh lád thád ïa ki nep kup thiah, synkhlieh, tusok ha ka sngi. Ïa ka kamra thiah nongpang dei ban pynkhuid bha ïa ka da kaba kynshait dawai ne pyoh tdem dawai shuwa ba yn pyndonkam pat ïa ka da kiwei.

Ka nongsumar pang ka dei ban sumar bha ïa lade ban ym ïa bit jingpang. Dei ban da thet bha ha ka um dawai pyniap khñiang bad da ka sabon.

Ha sor haba ki briew ki ïa shong khapniah eh ha ki ïing wái bym lah ban ïoh kamra kyrpang ïa u nongpang dei ban leit buh sha ki hospital.

34.—KUMNO BAN SAIT ÏA KI JAIÑ

Ngi pyndonkam barobor da ka sabon ban saitjaiñ. Ka sabon ka don ha ka ka khleiñ, ka umphniang bad u soda.

Jied ïa ki jait sabon kiba bha ban saitjaiñ. Ka rong ka sabon bha ka long kaba lieh blad. Haba shon ïa ka da ka kti ka skah doh. Kaba jem haba shon ka pyni ba don shibún ka um, namarkata lutput haba sait. Ka sabon lynter kaba bha, ka rkhiang. Ka sla jong ka ka khuid bad eh doh. Kano kano ka sabon kaba phuh powder ha sla ym dei ban pyndonkam, namar ba ka bún eh ka kynja mluh (*alkali*) bad ka lah ban pynsniew ïa ki jaiñ.

Don ki sabon kiba ki ot tuma tuma bad thep hapoh ki synduk. Kine ki jait sabon ki pynmih thnam sabon kloi bad la pyndonkam ha kaba sait ïa ki jaiñ syaid bad jaiñ stang ne ni ksai.

Don pat ki sabon kiba la tylliat powder. Ïa kine dei ban pyndonkam kumba la bthah ha ki synduk ba la song ïa ki.

U sohpairah u long uba ngi ki Khasi ngi pyndonkam ha kaba sait ïa ki jaiñ sarot.

Kumno ban sait ïa ki jain ne jain linen ksai (cotton)

1. Jied ïa ki jain baroh ban sait bad syrdep ïa kaba kád.

2. Wieh ha ka um khriat ha ka tub ne dabor shi miet bad ha ka um kaba shu syaid mem mem kumba shiteng kynta shuwa ban sait. Khyrwait ïa ki.

3. Pynshit um ha ka tin umphniang sharak kat ban tap ïa ki jaiñ ynda wieh. Thep shi siangsha heh u soda saitjaiñ bad kumba ar ne lái siangsha heh ka sabon ba la ot rit. Lah ban pynbún ne pynduna ïa ka sabon bad u soda kat kum ka jingbún ne jingkhyndiat ki jaiñ ban sait. Pynshit ïa kane ka um ba kan um ka sabon.

4. Theh um syaid ha kawei pat ka tub ne dabor bad kyrjaw sabon ïa ki jaiñ bad poh bad lor. Kaba bha eh ka long ban pyndonkam ïa ka lyntang kyrshut sabon ba la shna khnang,

5. Phlér ïa ki jaiñ ha ka um khuid haduh ban da khuid lut ka um sabon bad sa thep ïa ki ha ka um ba la pynkhluit ha ka tin umphniang

sharak. Khmih bha ba ki jaiñ ki la khuid shuwa ban thep ha ka um ba la pynshit namar ka jakhlia ka lah pynban ban pynthoh dak ïa ki jaiñ.

6. Shet ïa ki jaiñ kumba shi powa kynta sa phlér biang ïa ki da ka um khuid. Wieh ïa ki bad sa khem bha ïa ka um shuwa ban wieh starch. Sa thád ïa ki bad ñiad isteri.

Kumno ban wieh starch ïa ki jaiñ

Khleh shi siangsha heh u starch, shiteng siangsha heh u borax bad katto katne ka mombati ba ot tuma tuma bad ka um khriat haduh ba kaba la khleh kan rben kum ka malai dud. Theh da ka um thnam bad da king artat haduh ba u starch u la rben bad kylla rong blue. U starch un ym rben ne kylla rong blue lada ka um kam long kaba thnam. Lada kumta, tiew ha ding bad king artat haduh ba un da rben bad kylla rong blue.

Kumno ban wieh lir ïa ki jaiñ.

Song ïa u lir ha i jaiñ mor mor bad wieh ha ka shi dabor ka um da pynkhih artat ïa u lir hapoh ka um haduh ba ka um kan long lam blue blad haba tong ha ka kti Sumar ban ym don ki dak lir ha ki rud ka dabor Da thet bha ïa la ki kti shuwa ban wieh lir ïa ki jaiñ. Ka lah ban pynthoh dak ïa ki jaiñ lada ki kti ki bit lir. Shuwa ban wieh lir ïa ki jaiñ kynther bad plied ïa ki. King ïa ka um lir bad sa wieh ïa ki.

Kumno ban niad isteri ïa ki jaiñ ksai.

1. Synreit um ïa ki jaiñ. Kli pyrkhing ïa ki. Ieh kumba shiteng kynta shuwa ban ñiad isteri.

2. Ñiad isteri shuwa da kylla ïa ki snur jaiñ, ki jingsuh khylliap, ki jaka ba kham rben, ki jingsuh shrong suh thoh, ki phlir bad kolar ba kin rkhiang. Sa ñiad pat halor haduh ba kin da rkhiang bad jlih.

Khylliap bha ïa ki.

Kumno ban sait ïa ki jaiñ ksai bym khuid rong

1. Pdem ïa ki kumba shiteng kynta. Sait ïa ki da ka um syaid. Wat pyndonkam sabon than. Shu ïa kyrshut ïa kawei ka bynta ka jaiñ bad kawei pat. Ym donkam ban pyndonkam ïa ka lyntang kyrshut jaiñ. Kyrshut bha ïa u kolar, pohtit, ki kti bad kino kino ki jaka ba kham jakhlia.

2. Phlér ha ka um khuid haduh ban da khuid ka um sabon bad ka tngit. Khleh khyndiat ka vinegar ha ka um ba phin phlér khatduh.

3. Wieh starch ïa ki blouse, ki frock ha ka um starch stang.

Ban sait ïa ki jain silk bad jain syaid ngi dei ban kynmaw ba—

1. Ki jain silk ne saiwool kiba lieh ki kylla stem haba sait da ka um khluit ne soda saitjaiñ, sabon tat lane kyllán sabon than.

2. Nolor nangta u soda, ka um khriat ne um khluit bad kaba kyrshut ka pynran ïa ki jaiñ.

3. Ki sopti ba thaiñ da u saiwool ki duh dur.

4. Ki silk ki sniew haba kyrshut than.

5. Kaba khyrwait ruh ka pynsniew ïa ki jaiñ silk ne jaiñ syaid.

Kumno ban sait ïa ki — 1. Khleh sabon ha ka um kaba shu syaid da ki sabon ba la ot tuma tuma, kum ka sabon Lux ne da u sohpairah. Pyndonkam sabon tang kat ban biang ban pynjem ïa ka um bad kat ban long thnam um sabon hajrong. Ka um ka dei ban long kaba shu syaid mem mem.

2 Ïa ka sopti ba thaiñ da u saiwool siang shuwa halor ka kot khubor bad ring dur ïa ka da u let ha kata ka kot khubor na ki rud jong ka.

3. Wat pdem. Sait bad lor bad poh ha ka um sabon da kaba shu khem ne khñoit. Wat kyrshut. Lada don kano kano ka jaka ka bym khuid ka tngit, kyllan sabon ïa kata ka jaka bad sa khñoit de.

4. Phlér ha ka um syaid ha kawei pat ka dabor búnsien búnsien haduh ban da mih lut ka um sabon. Shu khem ba kan mih ka um. Kli ïa ka sopti saiwool ha ka towel ne jaharon bad sa khem ïa ka um. Ka towel ne jaharon ka kjit ia ka um na ka sopti.

5. (a) Thad ïa ki jaiñ silk ha bym dei sngi. Ynda ki thynron, kli pyrkhing ïa ki bad ñiad ïsteri.

(b) Ïa ki sopti saiwool thád da kylla ha ka kot khubor ba phi ruid dur shuwa ban sait da tán ne pynbiang ïa ka dur ka sopti ha ka dur ba la ruid ha ka kot khubor sa thád ha ka shuki kriah ha ka jaka ba beh lyer bad dum sngi.

Kumno ban ñiad isteri ïa ki jaiñ silk bad jaiñ syaid

1. Ïa ki sopti silk ñiad kumba ñiad ïa ki jaiñ ksai wat pyndonkam da kaba khluit eh ka isteri.

2. Ïa ki sopti saiwool ñiad na sha kylla ka sopti da kaba tap da ka jaiñ sngem nalor bad sa shu shon da ka isteri ka bym da khluit eh haduh ba ka jaiñ tap ka la rkhiang. Wat ñiad ïa ka isteri sharum shaneng ïoh ka pynsniew dur ïa ka sopti.

Kumno ban sait ïa ki jaiñ khuid rong.

1. Wieh shuwa ha ka um mluh kumba shiteng kynta ne. Khleh shi siangsha heh ka mluh ha ka shi sér ka um.

2. Phlér stet ha ka um khriat.

3. Sait ïa ka sopti ha ka um khriat ba la khleh sabon.

4. Phlér pat sa shisien ha ka um khriat ha kaba la khleh khyndiat ka vinegar, kane ka ïarap ban pynshai rong.

5. Phlér pat sa shisien ha ka um khriat ba la khleh mluh.

6. Thád haba dum sngi. Khyrwait rkhiang katba lah lane syrtap ha ka jaiñ siangthiah ne towel bad sa kli lang. Ki syrtap ka jaiñ ba phi sait la pynïakhlád da ka towel ne jaiñ siangthiah ba phi kli lang.

Kumno ban pynkhuid ïa ki jaiñ thoh dak

Haba hoit um sha, kophi, umsoh, jyntah bad bit umbiah kwai ha ki jaiñ.

(a) Lada ka jingthoh dak kaba dang shen, phriang ïa ki jain halor ka dabor bad theh da ka um khluit lyngba ka jaka ba thoh dak.

(b) Lada ka jingthoh dak kaba la slem, bér da u soda saitjaiñ ne borax halor kata ka jaka bad sa theh um khluit lyngba jong ka. Sa sait.

Lane, pdem ïa ita i jaka ba thoh dak ha ka um ba la khleh bún bha da u soda ne borax, sa sait ynda ka la kham i khuid.

Haba bit snam, pylleng, eitmut.

(a) Pdem ha ka um khriat ba la khleh mluh.

(b) Haba bit snam ha ki blanket khleh ïa u strach bad ka um haduh ba un da long lei bad sa kyllán halor ka jaka ba thoh dak. Brut ynda rkhiang. Ïai leh kumta haduh ban da khuid ka jingthoh dak.

Kaba hoit sha ne bit sarang nar.

(a) Pynsngem ïa kaba thoh dak. Bér mluh halor hangta. Khem um sohjew halor ka mluh. Ïeh ha ka sngi haduh ba kan da rkhiang. Ïai

eh kumta haduh ba kan da khuid ka thoh dak. Sa sait da ka sabon.

(b) Lah ruh ban pdem ïa kaba thoh dak ha ka doi shi miet sa sait ïa ka.

Haba bit khleiñ leh ïa kawei na kine.

(a) Lada kaba dang shen, buh ïa kata ka jaka ba thoh dak hapdeng ar tylli ki kot shon sia ba thymmai bad buh da ka isteri khluit halor. Ka kot shon sia ka kjit ïa ka khleiñ.

(b) Buh ïa ka jaka ba thoh dak ha ka jaharon rben bad ñiad sawdong ïa ka jingthoh dak da i jaiñ khuid lyngkhot ba la wieh petrol. Niad mian mian sha pdeng ka jaka thoh dak. Wat sdang na pdeng namar ka nang pynheh pynban ïa ka jingthoh dak

(c) Ïa ka jingthoh dak ba dang shen lah ban pynkhuid da kaba bér da u chalk ba la tylliat powder halor kata ka jaka. Sa brut ïa kata haduh ba kan da khuid ka jingthoh dak.

Haba bit rong

Pdem ha ka umphniang sharak ne tyrphin sa sait ynda khuid ka thoh dak.

Ïa ka jingthoh dak kaba ym lah shuh ban pynkhuid da kitei, pdem ha ka um kaba la khleh shi powa u soda saitjaiñ, shiteng powa u bleaching powder, shiteng sér ka um khriat, shiteng sér ka um khluit.

Ban khleh ïa kine, pynum shuwa ïa u soda saitjaiñ ha ka um khluit. Khleh ïa u bleaching powder ha ka um khriat. Khleh lang ïa kine baroh ar. King bha ïa kane bad sa ieh haduh ba ka rui rui kan háb ha trai bad ba ka um ka la sngur. Theh ha u bilor ïa ka um sngur da jiar, lada donkam. Ïa kane ka um khleh ki khot bleaching liquid.

Hadien ba la wieh ïa kaba thoh dak ha ka bleaching liquid, wich sa ha ka vinegar ne um sohjew bad sa sait da ka sabon bad ka um.

35. KI JINGKYLLA KA JINGSYNSHAR HA KI THAIÑ BA SHAPHANG SHATEI LAM MIH'NGI KA RI INDIA

Ka snem 1972 ka la wallam bún ki jingkylla ha ka jingsynshár ha ki thaiñ ba shaphang, shatei lam mih'ngi ka Ri India.

United Khasi bad Jaintia Hills lem bad ka **Garo Hills** ka la ïoh la ka jingsynshar ba pura ha ka 21 tarik u Kylla Lyngkot ka snem 1972.

Ïa kane ka State thymmái la jér kyrteng Meghalaya — "ka jaka shong ki Lyoh." Don mynta lái tylli ki district ha kane ka Jylla. Ka Khasi Hills ka Garo Hills bad ka Jaintia Hills. Ïa ka Jowai Sub-Division la kyntiew sha ka kyrdan District ha ka 22 tarik u Lber ka snem 1973.

Ka nongbah kane ka Jylla ka dei hi ka Shillong.

Kane ka State thymmái ka don 60 ngut ki nongmih-khmat sha ka Durbar Tháw Aiñ jong ka. Ka Khasi Hills District ka don 30 tylli ki kyntoit (constituency), ka Garo Hills 34 tylli bad ka Jaintia Hills 6 tylli.

Ka jingsynshár ïa kane ka Jylla ka háb hapoh ka jingpeit u Governor ka Meghalaya uba long ruh u Governor ka Assam, Nagaland, Manipur bad Tripura.

Ki District Council ki dang don ha la ki District. Ka Khasi Hills District Council ka don mynta 30 ngut ki nongmih-khmat; 29 ngut na ki, ki dei kiba da shah jied bad uwei pat uba shu thung u Governor.

NEFA — Ïa ka jingsynshár ïa kane ka thañ la kyntiew sha ka kyrdan ka **Union Territory** ha ka 20 tarik u Kylla Lyngkot ka snem 1972. La jér kyrteng ïa kane thaiñ mynta Arunachal Pradesh. Ïa mynta hi ka Headquarter ka dang dei ha Shillong. La pynkhreh ban rah noh ïa ka sha Bandardwa ha Subansiri District ha kjat ki lúm ba ïa khap bad ka North Lakhimpur District.

La jér kyrteng ïa kane ka tháiñ North-East Frontier Tract naduh ka snem 1914 haduh 1954.

La pyniaid ïa ka jingsynshar da u Governor ka Assam kat kum ka jingsngewdei jong u hi ha ki snem 1937-1947.

La pyniaid ïa ka jingsynshar da ka Sorkar Assam ha ki snem 1947-1950.

La pyniaid ïa ka jingsynshar da u Governor ka Assam ha ka jingsngewdei jong u kum u Nongtalbi (Agent) ïa u President ka Ri India ha ki snem 1950-1954.

La kylla ïa ka kyrteng kane ka thaiñ, kum ka North-East Frontier Agency ha ka snem 1954 bad ka dang neh ka jingsynshár ha ka kti u Governor kum u Nongtalbi ïa u President ka Ri India haduh ka snem 1972.

Naduh ka sngi ba la ái ïa ka jingsynshar ha ka kyrdan **Union Territory** la pyniaid ïa ka jingsynshár da u Chief Commissioner hapoh ka Ministry of Home Affairs ka Sorkar India.

Ka area kane ka thaiñ ka long lajan 33,000 sq. mile ne 85,470 sq. km.

Ka don 5 tylli ki district :— 1. Kameng nongbah Bomdila 2 Subansiri nongbah Ziro 3. Siang nongbah Along 4. Lohit nongbah Tezu 5. Tirap nongbah Khonsa.

Manipur — Kane ka thaiñ ka la ïoh la ka jingsynshar ba pura ha ka 21 tarik u Kylla Lyngkot 1972. Ka area jong ka ka long 8628.00 sq mile lane 22, 346.43 sq km. Ka nongbah ka dei ka Imphal. Ka don 6 tylli ki district.

1. North District kaba ka nongbah ka dei Karong. Ïa ka Karong la jér kyrteng noh Senapati.

2. East District kaba ka nongbah ka dei Ukhrul.

3. West District kaba nongbah ka dei Tamenlong.

4. Central District kaba ka nongbah ka dei ka Imphal hi.

5. Ka South District kaba ka nongbah Churra Chandpur.

6. Ka South District kaba ka nongbah Chandel. Ïa kane ka District dang shu lah plie thymmai.

Nalor ki Manipuri don ruh ki Naga, Kuki bad Mizo kiba shong shnong ha kane ka State.

Ka don kawei ka pung kaba ki khot Loktak Lake. Dang shna mynta ïa ka Hydro Electric Project ha kane ka pung ka ban long kawei na ki lad ban pynroi ïa ka trei ka ktáh ha kane ka State.

Tripura bad Mizoram — Ka Tripura ka la ïoh ïa ka jingsynshar ba pura bad ïa ka Mizoram la kyntiew sha ka kyrdan ka jingsynshar kaba ki khot Union Territory ha ka 21 tarik u Kylla. Lyngkot ka snem 1972. Ki nongbah jong ki ki long Agartala, bad Aijal. Don ka jingong bad ïa ka Aijal yn khot noh Aizawl.

KA

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